Lexi Lamb

Joy Naukot

Chiara Judis

Tatiana Moura

Eva Rinker

Emily Bryce

MOUNTAINEER™
CROSS COUNTRY

Anastasia Chepkorir
Aislinn Frazer
Alyssa Sauro
Audrey Hall
Claudia Moore
Ella White

MOUNTAINEER™ CROSS COUNTRY

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IN THE SPOTLIGHT

Choosing to become a Mountaineer student-athlete is special.

Without a professional sports team in the state, West Virginia residents and fans throughout the region love West Virginia University athletics.

The Mountaineers have the unique opportunity to represent themselves, their teammates and their university to news media, alumni, friends, family and the general public. The interaction with these groups is also part of their educational process.

By taking advantage of these opportunities, a positive impact on a student-athlete's career at West Virginia is formed, which can lead into life after donning the Old Gold and Blue.

TRACK
&
FIELD

A CHAMPIONSHIP PROGRAM

In 19 seasons as the track and field head coach, Sean Cleary has led WVU to unprecedented national success and has been named Mid-Atlantic Coach of the Year seven times.

During Cleary's first season in 2007, the Mountaineers became the fourth athletic program in school history to capture a Big East Championship title. Led by Marie-Louise Asselin, who placed second overall at the conference meet, WVU would go on to finish ninth at the NCAA Championships - the first top-10 finish in program history.

The 2008 season saw WVU earn a fourth-place finish at the NCAA Championships and first at the Mid-Atlantic Regional. Asselin became the first Mountaineer runner to earn the individual title at the Big East Championship.

Keri Bland and Asselin became the first three-time All-Americans in cross country in 2009, leading the team to a sixth-place finish at the NCAA Championships after finishing in 31st and 34th place, respectively.

Kate Harrison crossed the line at the 2011 NCAA Championships in eighth place and helped lead the team to an eighth-place finish as well.

In 2014, the Mountaineers recorded an eighth-place finish at the NCAA Championships, where they earned two All-Americans (Jillian Forsey and Katie Gillespie), and an NCAA Elite 89 Award Winner (Kelly Williams). Gillespie joined Asselin and Bland in becoming three-time All-Americans, as she placed 26th overall at the National Championship.

Since then, Cleary has led five individuals – Millie Paladino (2015), Jillian Forsey (2016) and Maggie Drazba (2016), Ceili McCabe (2021, 2022) – to the NCAA Championships.

In 2024, West Virginia cliched the runner up spot at the NCAA Cross Country Championships, marking the first time in program history. The Mountaineers earned three All-Americans (Joy Naukot, Ceili McCabe and Sarah Tait). McCabe joined Gillespie, Asselin and Bland in becoming a three-time All-American, as she placed sixth overall at the national championships. Additionally, the Mountaineers won the NCAA Mid-Atlantic Regional Championships for the first time since 2008 with a program record score of 41 points.

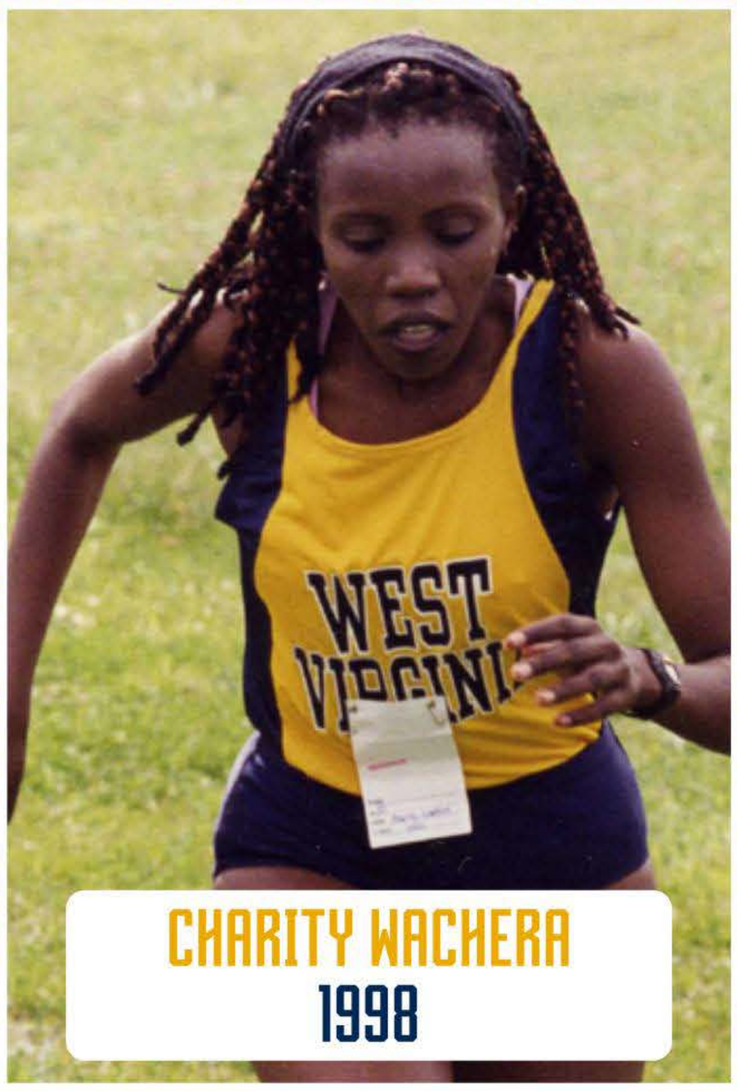
Cleary has produced 15 of the program's 18 All-America titles and numerous all-conference runners.

In total, WVU has appeared in 14 NCAA Championships as a team, all of them with Cleary a part of the program in some capacity. The Mountaineers have finished in the NCAA top-10 seven times since 2007.

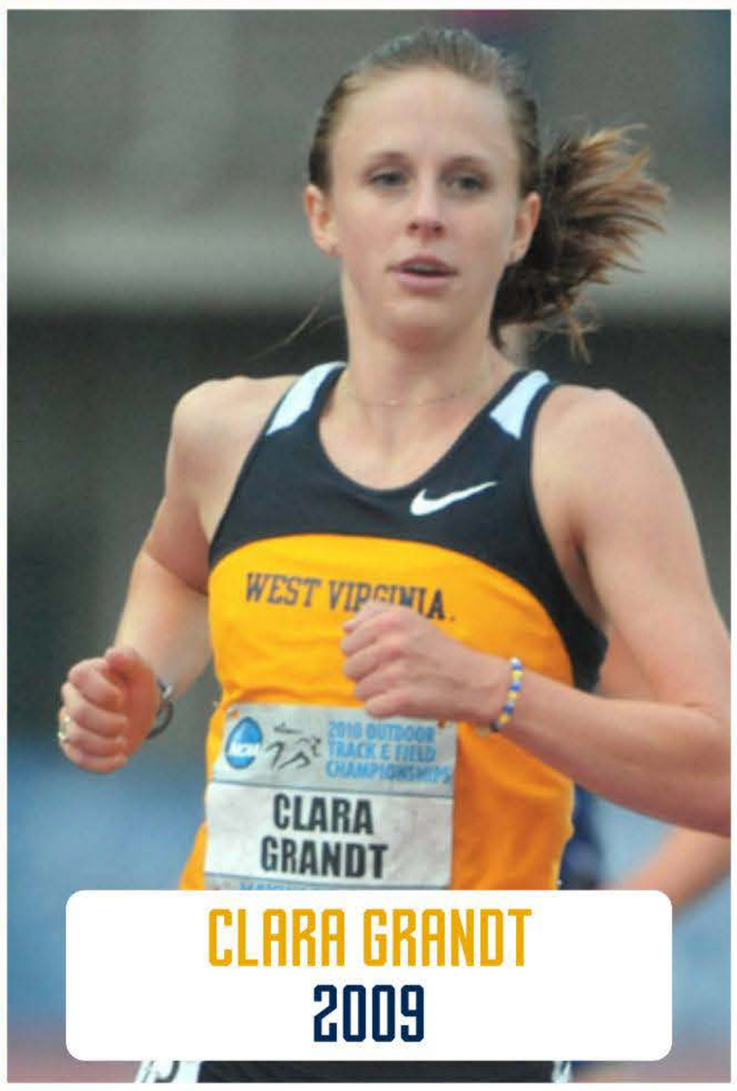
NCAA DIVISION I CROSS COUNTRY
ALL-AMERICAN
2024
WEST VIRGINIA
NCAA
VIRGINIA

2024 DI
CROSS COUNTRY
CHAMPIONSHIPS
2024
TICKET
PUNCHED
SECTION 11 ROW 15 SEAT 24

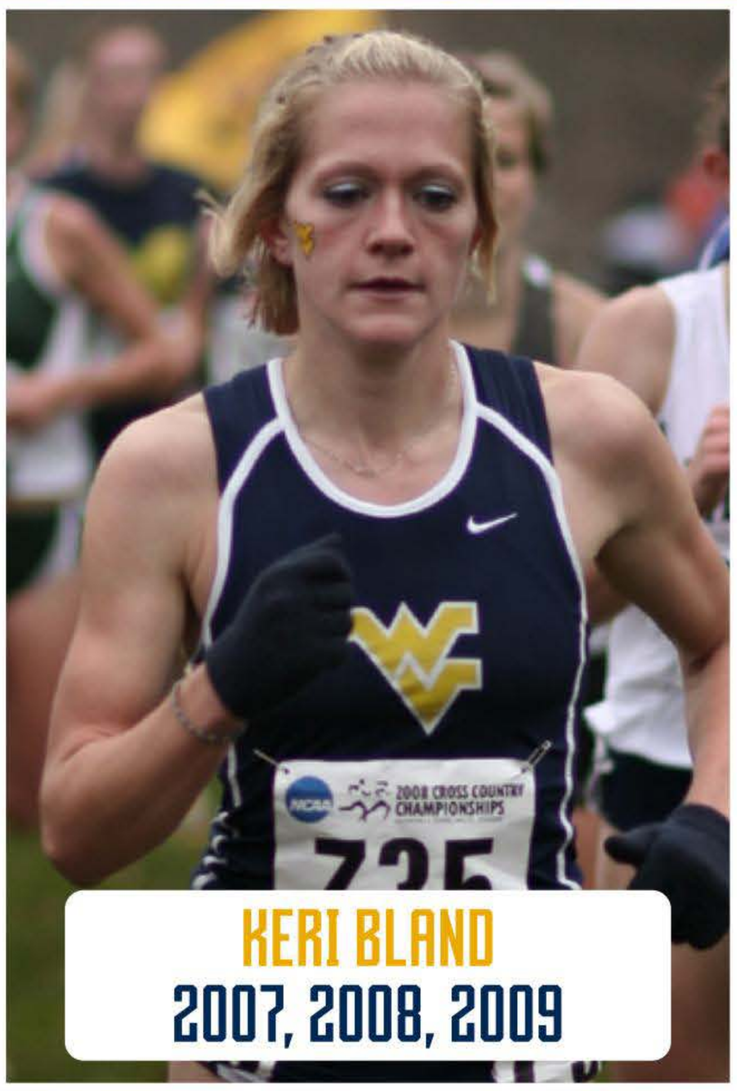
MOUNTAINEER



CHARITY WACHERA
1998



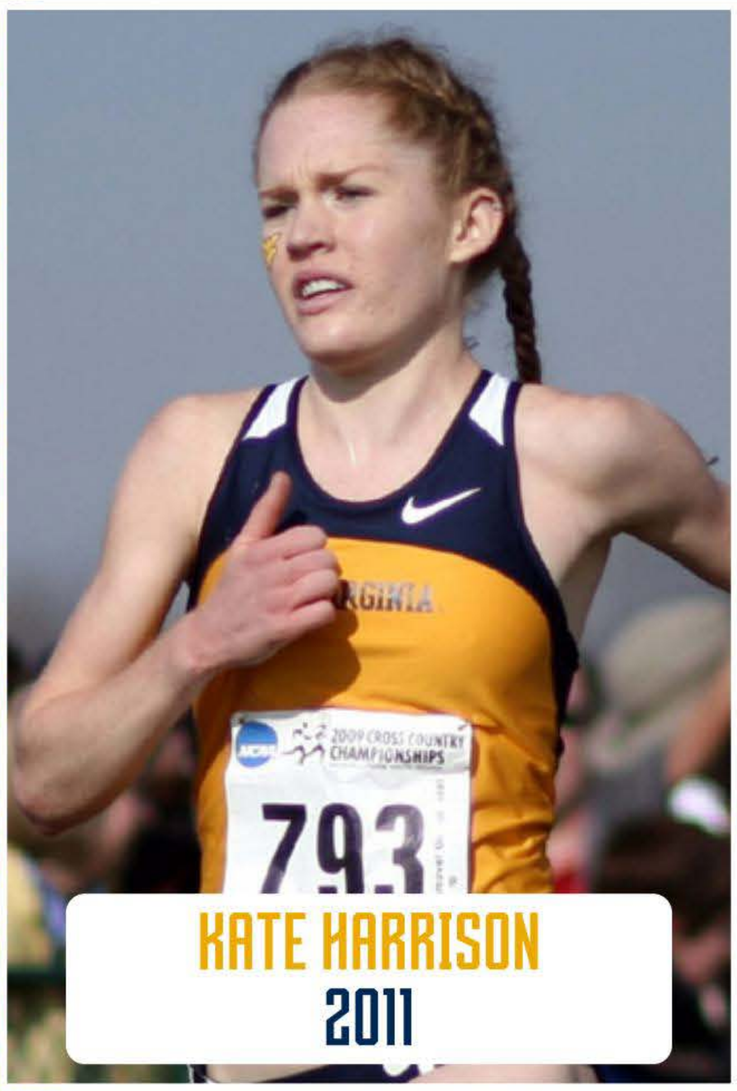
CLARA GRANDT
2009



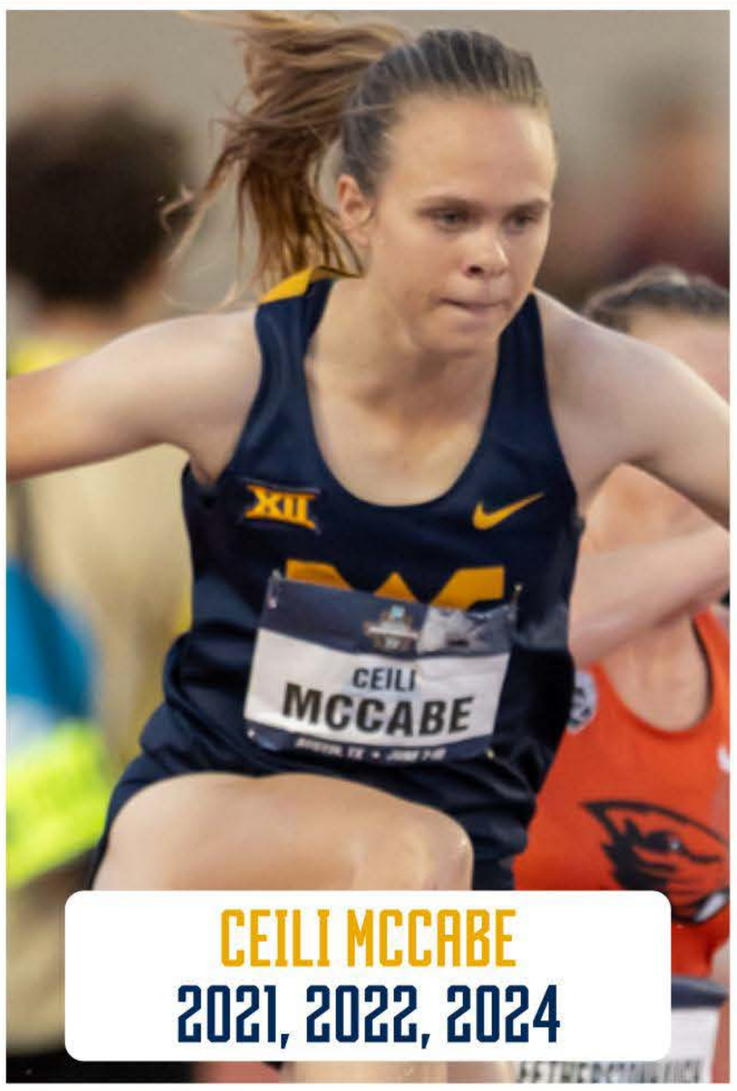
KERI BLAND
2007, 2008, 2009

WEST VIRGINIA HAS PRODUCED 17 ALL-AMERICA TRACK AND FIELD SELECTIONS

MEGAN METCALFE
2002, 2004

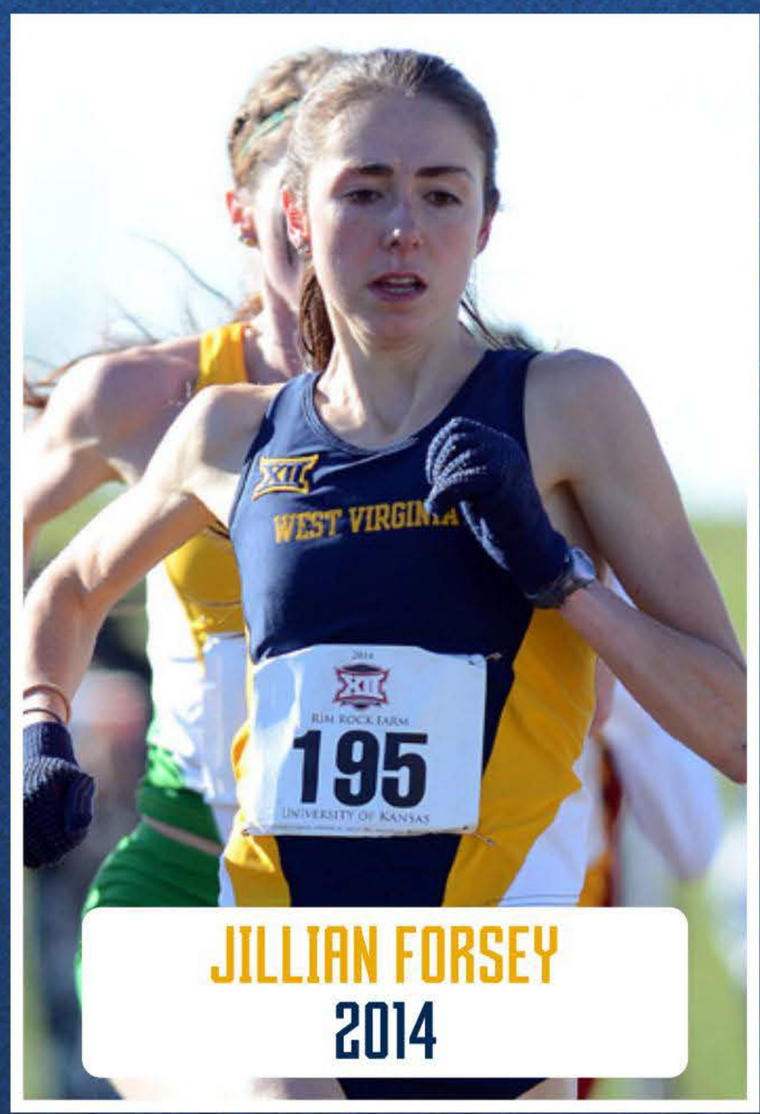


KATE HARRISON
2011



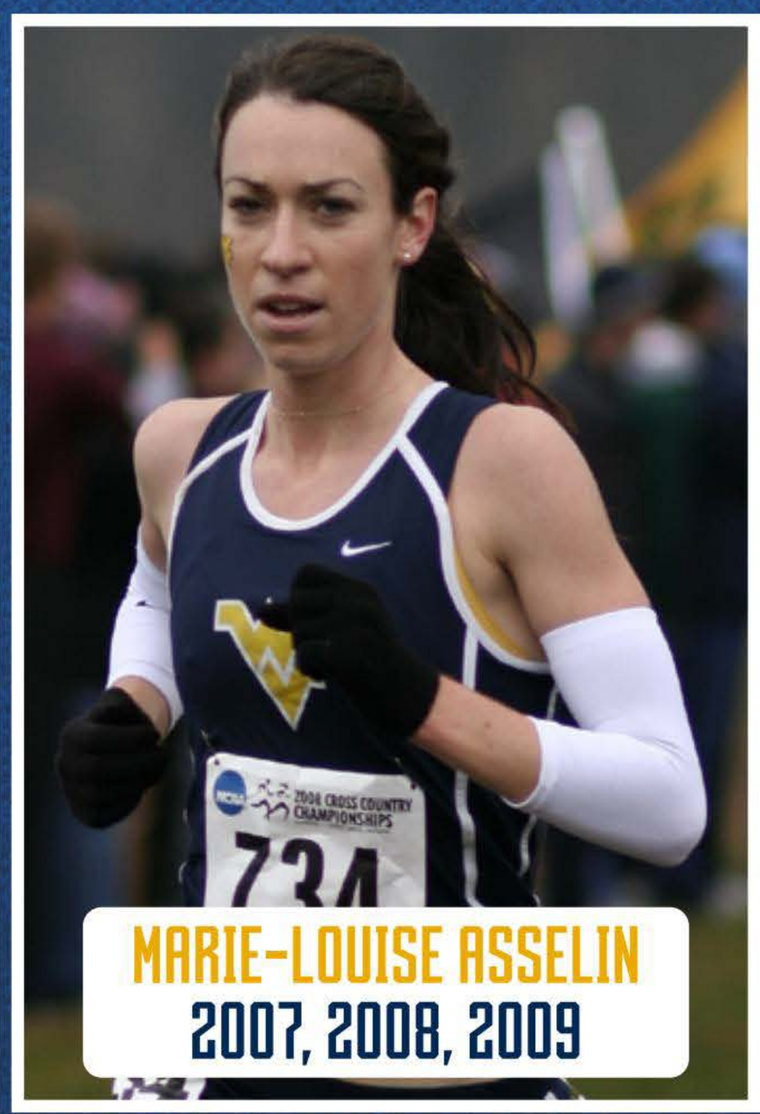
CEILI MCCABE
2021, 2022, 2024

ALL-AMERICANS



JILLIAN FORSEY
2014

KAITLYN GILLESPIE
2010, 2011, 2014



MARIE-LOUISE ASSELIN
2007, 2008, 2009

FROM 11 INDIVIDUALS, INCLUDING 17 DURING THE SEAN CLEARY HEAD-COACHING ERA.

JOY NAUKOT
2024

SARAH TAIT
2024

EACH YEAR, THE MOUNTAINEERS' ROSTER IS FILLED WITH TALENT, LOOKING FOR THE NEXT ALL-AMERICAN AT WVU.

BIG 12 CONFERENCE

The Big 12 Conference is comprised of 16 institutions and many of them share traditional rivalries throughout their histories. Member universities include Arizona, Arizona State, Baylor, BYU, Cincinnati, Colorado, Houston, Iowa State, Kansas, Kansas State, Oklahoma State, TCU, Texas Tech, UCF, Utah and West Virginia.

The Big 12 is a strong conference that, like WVU, values quality academic and athletic programs, and has a great tradition of success.

The conference office is headquartered in Irving, Texas.

MCCABE
WEST VIRGINIA
247

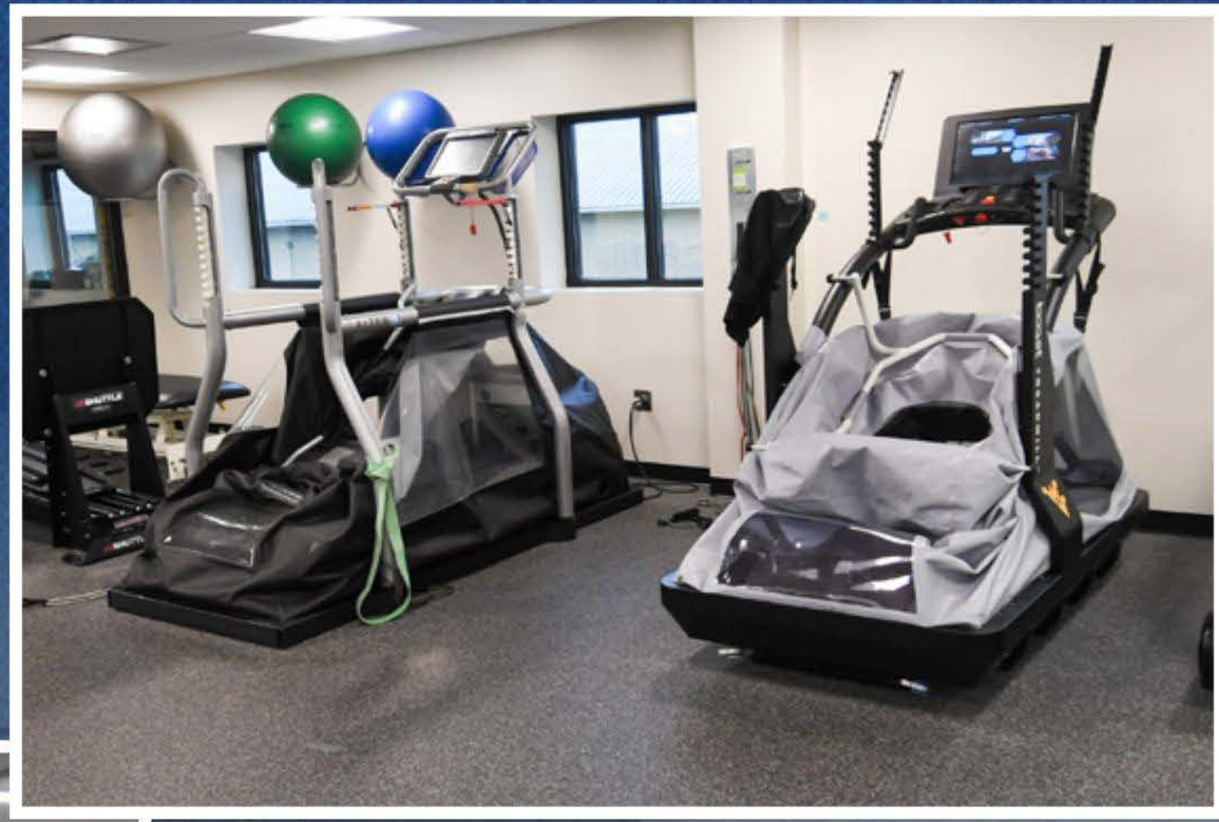
ATHLETIC TRAINING

The West Virginia University athletic training program aims to get its student-athletes back on the field in a timely manner, all while providing quality health care for its student-athletes and coaches.

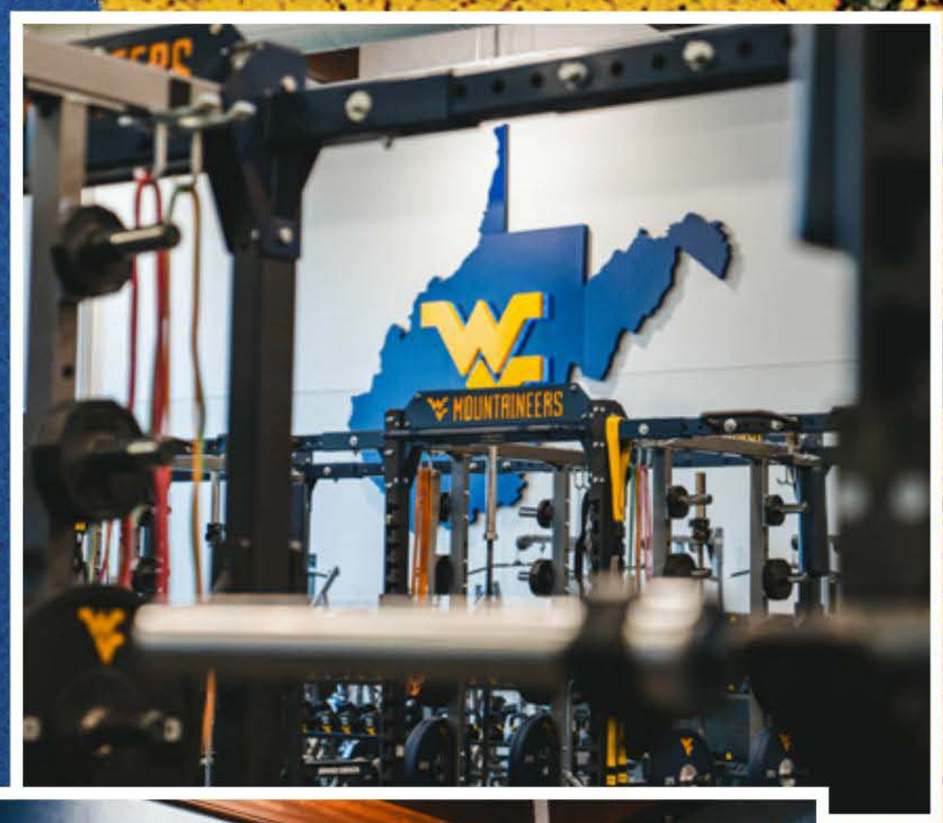
The scope of athletic training services encompasses various domains, including injury recognition, treatment, rehabilitation, prevention, education and counseling. These services enable student-athletes to maintain an optimal quality of life beyond the span of athletic competition.

Multiple athletic training rooms are available for student-athletes, furnished with the latest in technology and equipment.

The athletic training staff works in conjunction with team physicians and the athletic administration to assure the student-athletes receive quality care throughout their careers at WVU.



STRENGTH & CONDITIONING



West Virginia's strength and conditioning staff ensures all student-athletes are on year-long programs designed to continue improving the fitness capabilities needed in their sports.

To keep athletes in peak physical condition, WVU offers a variety of training areas and an array of strength programs designed to increase performance. All student-athletes at WVU also will have their own program individually calculated and updated throughout the year.

Equipped with excellent amenities and staffed by some of the finest strength coaches in the nation, athletes who come to West Virginia know they are in good hands when it comes to their athletic capacity.

For cross country and track & field athletes, the entire year is carefully planned and tailored to the indoor and outdoor seasons to prepare for optimal performance during the campaign and peaking at championship meets.

IN THE COMMUNITY

Winning and working hard are important to the West Virginia University cross country team, but becoming successful and positive role models on and off the course is just as significant.

Each year, the Mountaineers work to give back to Morgantown and surrounding communities.

The WVU cross country team has donated its time to helping the Jerry Lewis Telethon, an event aimed toward helping kids with muscular dystrophy and related diseases. The Mountaineers do their part to help the cause by answering telephones, which are constantly ringing with supportive donors.

The Mountaineers also are frequent visitors to WVU Medicine Children's and the Ronald McDonald House and help several different local community service projects.

The team also regularly donates its time and knowledge by hosting and teaching local youth the fundamentals of the sport. Along with strengthening the youngsters' skills, the Mountaineers also teach the participants the importance of good sportsmanship, courage, determination and hard work.

Additionally, Coach Cleary's student-athletes can be found reading to children at local elementary schools in the "Read Aloud" program. During their visits, the student-athletes read to students in several classrooms and encourage them to apply themselves to their studies.

Mountaineer coaches and players also take part in Relay for Life of Monongalia County, the American Cancer Society's staple event, which offers everyone in the community an opportunity to participate in the fight against cancer.

STUDENT-ATHLETE ACADEMIC SERVICES

West Virginia University offers a variety of services and programs to help student-athletes maximize their academic potential. Department staff members work with coaches, on-campus student service providers and faculty to help student-athletes meet the unique demands of the classroom, the supporting arena and the personal-social challenges they face as developing adults.

While many of the headlines center around the Mountaineers' accomplishments on the playing field, West Virginia student-athletes also have made some noteworthy strides in the classroom. Some of the accolades include 20 consecutive years where the department has had at least one first team Academic All-American.

To help its student-athletes achieve academic success, one of the nation's finest facilities resides in the WVU Coliseum – the Athletic Academic Performance Center. The 8,000-square foot facility provides individual and group study areas, a plethora of computer stations and the latest in fingerprint technology used when signing in.

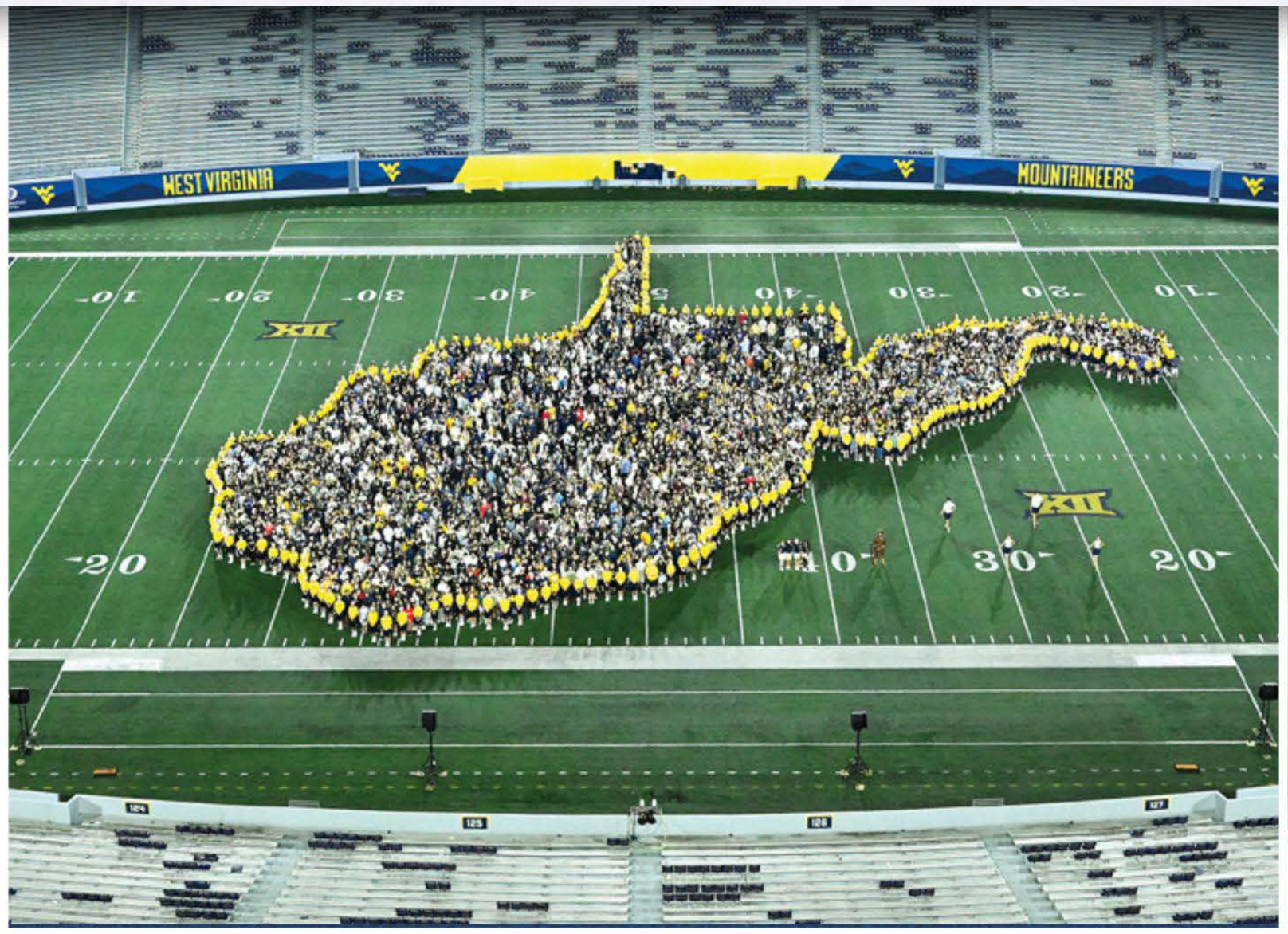
A total of 48 student-athletes were represented on the Big 12 Commissioner's Honor Roll in the fall of 2024, including nine members of the cross country team. Additionally, 24 student-athletes were named recipients of the Dr. Gerald Lage Academic Achievement Award, the Big 12 Conference's highest academic honor.

More than 500 student-athletes were honored on WVU's Garrett Ford Academic Honor Roll last year. Implemented in 1989, the Garrett Ford Academic Honor Roll was created to recognize students who have achieved a grade point average of 3.0 or better. Since the program began in 1989, over 4,000 student-athletes have earned a place on the honor roll. Ford retired in 2011 after 44 years of service with the WVU Department of Intercollegiate Athletics.

Congratulations
CLASS OF
2025
MOUNTAINEER
INTERCOLLEGIATE
ATHLETICS
STUDENT
ATHLETE

West Virginia University

Let's Go!™


WEST VIRGINIA
MOUNTAINEERS

CHARACTER
Public, land-grant institution, founded in 1867. Across the three campuses of the WVU System in Morgantown, Keyser, and Beckley, WVU is changing lives and helping to create a brighter future. Our purpose remains to bring education, healthcare, and prosperity to our state. WVU is one of only a few flagship, R1, land-grant, community-engaged universities in the nation.

RESEARCH CLASSIFICATION
R1: Doctoral Universities – Highest Possible category, as described by the Carnegie Classification of Institutions of Higher Education.

ACCREDITATION
WVU is accredited by the Higher Learning Commission. Many programs hold specialized accreditation.

GOVERNANCE
The WVU Board of Governors is the University's governing body. The Higher Education Policy Commission in West Virginia is responsible for developing, establishing and overseeing the implementation of a public policy agenda for the state's four-year colleges and universities. Michael Benson is WVU's 27th president.

CAMPUS LOCATIONS AND FACILITIES
The WVU System is a family of distinctive campuses united by a single mission. From the groundbreaking research of our flagship in Morgantown to the student-centered focus of WVU Potomac State College in Keyser to the technology-intensive programs at WVU Institute of Technology in Beckley, we are creating a better future for West Virginia and the world.

The WVU Institute of Technology offers 30+ majors, including undergraduate engineering programs that have consistently ranked among the top in the nation according to U.S. News & World Report.

WVU Potomac State College offers 60+ majors and combines the personal attention of a small college with the affordable benefits of a major university.

The WVU System also includes Health Sciences locations in Charleston and Martinsburg; School of Nursing campuses in Morgantown, Charleston, Keyser, Bridgeport and Beckley; farms and forests throughout the state; and WVU Jackson's Mill State 4-H Camp.

The WVU Morgantown campus is in a town that was named the "No. 1 Small City in America" by BizJournals.com for its exceptional quality of life. Morgantown was also rated the ninth best college town in America by Business Insider.

STUDENT PROFILE
Fall 2024 WVU System enrollment was 25,000+

ACADEMIC EXCELLENCE
WVU recipients of prestigious scholarships include 25 Rhodes Scholars, 142 Gilman Scholars, 82 Fulbright Scholars, 53 Goldwater Scholars, 44 Critical Language Scholars, 30 Boren Scholars, 27 Truman Scholars, 6 Morris K. Udall Scholars, 5 USA Today All-USA College Academic First Team Members (and 11 academic team honorees), 3 Department of Homeland Security Scholars, 4 George C. Marshall (British) Scholars, 39 National Science Foundation Graduate Research Fellowships, one Jack Kent Cooke Foundation Graduate Scholar and one Schwarzman Scholar.

R1 RESEARCH INSTITUTION HIGHLIGHTS
WVU is one of only 187 colleges and universities to attain a ranking of R1, or the highest possible research category, alongside such institutions as Harvard, Yale, Columbia and Johns Hopkins.

WVU researchers are exploring the frontier in neuroscience research at the WVU Rockefeller Neuroscience Institute, doing groundbreaking work on Alzheimer's disease and addiction treatment using focused ultrasound to safely open the blood-brain barrier (reported by "60 Minutes," the New York Times, New England Journal of Medicine, the Washington Post and more).

WVU researchers are exploring the farthest reaches of the universe: dozens helped uncover evidence of ripples in space-time. mWVU is one of two or three universities that serve as a major hub for all branches of science contributing to NANOGrav – a galaxy-sized detector that is beginning to detect the gravitational universe.

Maura McLaughlin, Eberly Distinguished Professor of Physics and Astronomy, an internationally renowned WVU astrophysicist was selected as a member of the National Academy of Sciences, one of the highest honors in the scientific world.

Duncan Lorimer, Professor of Physics and Astronomy, was selected as a Fellow of the Royal Society of London.

ACADEMIC PROGRAMS
Twelve Morgantown colleges and schools offer 302 majors in agriculture and natural resources; applied and human sciences; arts and sciences; business and economics; creative arts and media; dentistry; engineering and mineral resources; law; medicine; nursing; pharmacy; and public health. Hundreds of distance education and online classes are available.

STUDENT ORGANIZATIONS
Students can choose from more than 450 student organizations or participate in an active intramural program and a variety of club sports.

SERVICE AND LEARNING
The Center for Service and Learning develops and organizes service learning and volunteer opportunities for students and faculty. WVU is one of only 75 schools recognized by the Carnegie Foundation for the Advancement of Teaching for Community Engagement (recognized since 2010).

PARENTS CLUB
The Mountaineer Parents Club, with 20,000+ members, connects parents and families with the student experience.

ALUMNI
Chartered in 1873, the WVU Alumni Association is made up of more than 210,000+ graduates worldwide (in 135 nations).

LIBRARIES
The WVU Libraries encompass seven libraries statewide. Facilities in Morgantown include the Downtown Campus Library, Evansdale Library, Health Sciences Library, Law Library and the West Virginia and Regional History Center. Onsite collections include more than 936,000 books, 1.5+ million e-books and 700+ databases.

PRIVATE SUPPORT
The WVU Foundation recorded $282.6 million in gifts and pledges in fiscal year 2024. As of June 30, 2024, total Foundation assets stood at $3.04 billion, including long-term investments for the benefit of WVU and assets managed by the Foundation for other WVU-affiliated organizations.

EXTENSION
Throughout the year in West Virginia's 55 counties, WVU Extension funds and delivers West Virginia's 4-H program, which reaches more than 68,000 youth each year through county and state camps, special interest clubs, in-school activities and other programs.

ADMISSION AND APPLICATION TIMELINE
It's painless to apply — no required essays or recommendations, students are automatically considered for scholarships and can be admitted with or without ACT or SAT scores. Test scores may be required for certain majors or scholarships. Apply directly to WVU or use the Common Application. WVU offers a rolling admission (there is no official application deadline). Applications are processed beginning in late August for admission the following fall. March 1 is the deadline for West Virginia residents to submit Promise Scholarship applications. Visit admissions.wvu.edu to learn more, including how to submit official transcripts and test scores. Graduate admission (for degree-seeking applicants) requires a bachelor's degree from a regionally accredited university with a cumulative GPA of at least 2.75 on a 4.0 scale for regular admission. In addition, an applicant must meet the minimum admissions criteria determined by their program of interest.

VISITORS CENTER
The WVU Visitors Center is the front door to campus, providing the warm hospitality that Mountaineers are known for in a modern, welcoming space. Tours led by current students are offered Monday through Friday and select Saturdays. Details are available at visit.wvu.edu.

COACHING STAFF

Head Coach Sean Cleary. 20
Assistant Coach Erin O'Reilly 24
Assistant Coach Clara Grandt Santucci 26
Support Staff 26

HEAD COACH
SEAN CLEARY

- Led West Virginia to a program best second place finish at the 2024 NCAA Championship in Madison, Wisconsin
- The Mountaineers finished second at the 2024 Big 12 Championship in Waco, Texas
- Coached Ceili McCabe to another program first, winning her third Big 12 title in 2024
- McCabe was named the 2024 Big 12 Women's Runner of the Year, her second time winning the award and named the Mid-Atlantic Region Women's Athlete of the Year
- Joy Naukot was named Big 12 Women's Newcomer of the Year under Cleary's leadership
- Cleary coached the team to a NCAA Mid-Atlantic Regional Championship, a first since 2008
- Cleary was named the Mid-Atlantic Region Coach of the Year
- In 2023 Cleary coached the team to a fourth place finish at the Big 12 Championship in Ames, Iowa and a fourth place finish at the NCAA Mid-Atlantic Regional
- West Virginia finished second at the 2022 Big 12 Championship in Lubbock, Texas
- Coached McCabe to become the first Mountaineer to win back-to-back Big 12 titles in 2022
- McCabe was named the 2022 Big 12 Women's Runner of the Year and the Mid-Atlantic Region Athlete of the Year
- WVU set a program bests with five Mountaineers earning All-Big 12 honors and the lowest point total in program history at the Big 12 Championships with 49 points
- 2021 NCAA Cross Country Championship 21st place finish
- Coached McCabe to a third place finish at the NCAA Championships to earn All-America honors
- 2021 Big 12 Championship third-place finish
- Coached McCabe to the programs first-ever first place finish at the Big 12 Cross Country Championships
- Three All-Big 12 selections in 2021 - Ceili McCabe, Sylvia Russell and Mikaela Lucki; the honor was the third for McCabe and first for Russell and Lucki
- Cleary was named the Mid-Atlantic Region Coach of the Year
- 2020 NCAA Cross Country Championship 29th place finish
- 2020 Big 12 Championship third-place finish
- Three All-Big 12 selections in 2020 - Ceili McCabe, Katherine Dowie and Charlotte; the honor was the second for McCabe and first for Dowie and Wood
- Four All-Big 12 selections in 2019 - Hayley Jackson, Candace Archer, Olivia Hill and Ceili McCabe – the most in a single season in program history
- Three All-Mid-Atlantic Region honorees in 2019 – Hayley Jackson, Candace Archer and Ceili McCabe
- Two USTFCCCA All-Academic Athletes in 2019 – Candace Archer and Ceili McCabe
- One All-Big 12 selection in 2018 – Hayley Jackson
- 2018 and 2019 All-Academic Team (USTFCCCA)
- Two All-Mid-Atlantic Region and All-Big 12 honorees in 2017 – Amy Cashin, Maggie Drazba
- Two 2016 NCAA Cross Country Championships qualifiers – Jillian Forsey and Maggie Drazba
- Three All-Mid-Atlantic Region performers in 2016 – Jillian Forsey, Maggie Drazba, Amy Cashin
- 2016 Big 12 Scholar-Athlete of the Year – Jillian Forsey
- 2016 All-Academic Team (USTFCCCA)
- Three 2016 All-Academic Individuals – Jillian Forsey, Maggie Drazba, Amy Cashin
- Two Mountaineer graduates competed at the Rio 2016 Summer Olympics – Sarah-Anne Brault (Triathlon), Jessica O'Connell (5,000m)
- Clara (Grandt) Santucci raced at the 2016 Olympic Trials in L.A.
- 2015 NCAA Cross Country Championship individual qualifier – Millie Paladino
- Two all-region honors in 2015 – Millie Paladino and Savanna Plombon
- 2014 NCAA Cross Country Championship eighth-place finish
- 2014 Big 12 Championship and Mid-Atlantic Regional second-place finish
- Coached 2014 NCAA Elite 89 Award winner Kelly Williams
- 2014 Big 12 Scholar-Athlete of the Year – Kaitlyn Gillespie
- Two 2014 All-American honors – Jillian Forsey and Kaitlyn Gillespie
- Jillian Forsey qualified for the World Cross Country team in 2014

AT A GLANCE

West Virginia University, 1993-Present
Head coach, 2007-Present

RUNNING EXPERIENCE
West Virginia University, 1991-92
Captain of 1991 Atlantic 10 title team
Earned all-conference honors in 1992

EDUCATION
West Virginia University
Bachelor's degree (physical education) 1992

PERSONAL
Wife, Heather
Son, Patrick
Daughter, Irelynn
Resides in Morgantown

AT A GLANCE

- 19th season as head coach and 33rd overall
- Coached a total of 20 athletes who competed at the World Track and Field Championships, World Cross Country Championships, World University Games, Pan American Championships and the Olympics
- Coached 22 All-Big 12 cross country athletes
- Coached four cross country runners to three career All-America honors – Marie-Louise Asselin, Keri Bland, Katie Gillespie and Ceili McCabe
- Three Big 12 Cross Country Scholar-Athlete of the Year Award winners – Sarah Martinelli, Kaitlyn Gillespie and Jillian Forsey
- 12 NCAA Cross Country Championships team appearances in the last 28 years
- Coached individuals to NCAA Championships in 2010, 2012, 2015, 2016
- Six NCAA top-10 team finishes since 2007
- Five-time Mid-Atlantic Region Coach of the Year
- Three straight top-10 finishes at the NCAA Championships from 2007-09
- Has won both Atlantic 10 and Big East team championships
- 2007 Big East Coach of the Year
- Served role in some capacity at WVU since 1991 (student-athlete, graduate assistant, assistant coach, head coach)
- Named USTFCCCA President of Division I cross country in 2013
- Holds USATF Level I Certification

- 2013 NCAA Mid-Atlantic Regional fourth-place finish
- Three all-region and one all-conference runner in 2013
- 2013 Big 12 Scholar-Athlete of the Year – Sarah Martinelli
- 2012 NCAA Mid-Atlantic Region fifth-place finish
- 2011 NCAA Cross Country Championship eighth-place finish
- 2011 Two All-Americans - Kate Harrison, Kaitlyn Gillespie
- Coached 2011 NCAA Elite 89 Award winner Ahna Lewis
- Five all-region and three all-conference runners in 2011
- 2010 All-American Kaitlyn Gillespie
- NCAA Cross Country Championship sixth-place finish in 2009
- Highest weekly national ranking – No. 3 on Oct. 6, 2009
- Five All-Mid-Atlantic Region runners in 2009
- Three 2009 All-Americans – Marie-Louise Asselin, Keri Bland, Clara Grandt
- Three 2009 All-Big East runners – Marie-Louise Asselin, Keri Bland, Clara Grandt
- 2008 NCAA Cross Country Championship fourth-place finish
- Coached 2008 Big East Individual Champion Marie-Louise Asselin
- 2007 NCAA Cross Country Championship ninth-place finish
- 12 All-America selections from six individuals
- At least one All-American selection in five of the last eight seasons
- 37 NCAA All-Mid-Atlantic Region honors from 17 runners
- At least one All-Mid-Atlantic Region honor every year since taking over program in 2007
- 13 All-Big East honors from six runners
- Multiple 1,000 NCAA APR team scores
- Three Mid-Atlantic Coach of the Year honors (2004, 2007, 2008)
- NCAA Mid-Atlantic team champions (2004, 2008)
- Served as USTFCCCA president for Division I Cross Country
- 2007 Big East Champions
- 2007 Big East Coaching Staff of the Year

ASSISTANT COACH
ERIN O'REILLY

ERIN O'REILLY BEGINS her thirteenth season as an assistant cross country and track and field coach at West Virginia University after re-joining the staff in August 2013.

Her familiarity with WVU has been beneficial to the team and its student-athletes as the programs continue to excel. O'Reilly has been a part of multiple individual NCAA cross country appearances with the Mountaineers, along with the team's runner up finish at the 2024 NCAA Cross Country Championships. She also works primarily with the long-distance sprinters and middle-distance runners for the track and field team.

Additionally, she aided in the team's eighth-place finish at the 2014 NCAA Cross Country Championships.

The 2024 cross country season was highlighted by a runner up finish at the NCAA Cross Country Championships and a first place finish at the NCAA Mid-Atlantic Regional meet.

The WVU squad added five All-Mid Atlantic Region honors, three first team All-America honors and three All-Big 12 honors.

In 2023, West Virginia finished in fourth place at the Big 12 Cross Country Championships as well as the NCAA Mid-Atlantic Regionals. The Mountaineers collected three All-Mid Atlantic Region honors, as Katherine Dowie, Alexis Lamb and Sarah Tait earned the accolade.

O'Reilly assisted the Mountaineers to a program record five All-Big 12 honors at the 2022 Big 12 Conference Cross Country Championship. The success continued at the 2022 NCAA Cross Country National Championship, as McCabe earned All-American and the team secured 27th.

The Mountaineers earned an automatic bid to the 2021 NCAA Cross Country Championships after placing second at the NCAA Mid-Atlantic Regional. The Mountaineers finished in 21st place at the NCAA Championships, where Ceili McCabe placed third to earn All-America honors.

West Virginia's successful season was also highlighted by a third place 2021 Big 12 Championship finish. Clearly led three Mountaineers to earn All- Big 12 honors, including McCabe, Sylvia Russell and Mikaela Lucki.

The Mountaineer cross country team endured a shortened, but successful 2020 campaign due to COVID-19. The team placed third at the 2021 Big 12 Cross Country Championship and were selected for the 2020 NCAA Cross Country Championships as a team for the first time since 2014. The Mountaineers finished 29th

overall. Ceili McCabe, Dowie and Charlotte Wood collected All-Big 12 honors, finishing inside the top-15 at the conference meet.

In 2019, the squad placed third at the Big 12 Championship in Waco, Texas, and fifth at the NCAA Mid-Atlantic Regional in Bethlehem, Pennsylvania. Four Mountaineers – Candace Archer, Olivia Hill, Hayley Jackson and Ceili McCabe – earned All-Big 12 honors, while Archer, Jackson and McCabe went on to earn All-Mid-Atlantic Region accolades.

O'Reilly helped lead WVU to fourth-place finishes at the 2017 and 2018 Big 12 Cross Country Championships in Round Rock, Texas, and Ames, Iowa, respectively. In 2017, Maggie Drazba and Amy Cashin registered All-Big 12 and All-Mid-Atlantic Region performances, while Hayley Jackson earned All-Big 12 status in 2018.

A total of 17 Mountaineers were named to the Academic All-Big 12 Cross Country Team in 2017 and 2018. Cashin was selected to the 2017-18 Google Cloud Track and Field/Cross Country Academic All-America First Team by CoSIDA, while Olivia Hill and Andrea Pettit were named to the Google Cloud Co-SIDA Academic All-District Track and Field/Cross Country Team in 2018-19. Petit went on to being named to the 2018-19 Google Cloud CoSIDA Academic All-America Third Team. Three Mountaineers – Allie Diehl, Pettit and Hill – have earned the Dr. Gerald Lage Academic Achievement Award, the Big 12 Conference's highest academic honor, in the last two years.

O'Reilly also was a huge contributor to WVU's success during the 2016 cross country and track and field season both athletically and academically. In cross country, West Virginia qualified two runners to compete at the NCAA Championships, earned a silver medal at the NCAA Mid-Atlantic Regionals – thanks to redshirt junior Jillian Forsey – added three all-region honors and placed third at the Big 12 Cross Country Championship, led by Forsey who posted a runner-up finish to earn All-Big 12 honors.

Senior Kelly Williams was named to the 2016 Track and Field/Cross Country Academic All-America First Team selected by College Sports Information Directors of America (CoSIDA), for the second consecutive year while maintaining a 4.0 GPA. Additionally, junior Amy Cashin and Williams were named to Academic All-District First Team.

West Virginia's accomplishments in the classroom also led to three individual student-athletes being recognized by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) for their academic success during the 2016-17 season. Cashin, Drazba and Forsey were named to the USTFCCCA Women's All-Academic Individuals Team.

Additionally, the WVU squad was named an All-Academic Team for maintaining a cumulative 3.49 GPA. Forsey earned Big 12 Women's Cross Country Scholar-Athlete of the Year, the third award for the Mountaineer cross country team in the past five years. Additionally, nine Mountaineers were named to the Academic All-Big 12 First Team, while Cashin was highlighted for her 4.0 GPA.

During the 2015 cross country season, O'Reilly helped the Mountaineers to a third-place finish at the Big 12 Championship, guided two All-Mid-Atlantic Region honorees, assisted an individual qualifier to the NCAA Cross Country Championships and helped two earn Academic All-District Team. Twelve who were named to the Academic All-Big 12 First Team.

The NCAA Mid-Atlantic Regional meet was highlighted by sophomore Millie Paladino and senior Savanna Plombon's performances that led to All-Mid-Atlantic Region honors for posting top-25 finishes. Paladino led the Mountaineers by crossing the finish line in 11th place with a time of 21:16.20, while Plombon placed 23rd overall (21:25.20).

Paladino also was the lone Mountaineer who qualified to compete at the 2015 NCAA Cross Country Championships in Louisville, Kentucky, the second-straight championships for Paladino. She placed 77th overall with a career-best time of 20:41.60 on the 6k course at E.P. "Tom" Sawyer State Park.

In 2014, she led three Mountaineers to All-Mid-Atlantic Region distinctions, three All-Big 12 recognitions and two All-America honors.

In her first season in 2013, O'Reilly oversaw three individual qualifiers to the NCAA Championships and five qualifiers to the NCAA East Regional.

O'Reilly was a member of the Mountaineer team in the early 1990s and graduated from WVU in 1993 with a degree in physical education. She was an integral part in the coaching of former Mountaineer Ailene Smith to All-America status in 2000-01. Smith became a two time All-American as a member of the distance medley relay team and in the 4x800 relay.

As a runner, she garnered many accolades while also serving as a team captain for cross country and track. O'Reilly finished third at the Atlantic 10 Championship as a junior and was named to the A-10 All-Conference Team. She was the Eastern College Athletic Conference (ECAC) champion and a NCAA provisional qualifier in the 1,000 meters in track during her senior year. O'Reilly held seven school records in cross country and track by the end of her career.

The Canton, Ohio, native, also served as a member of coach Cleary's staff from 1994-2002. During that time, the Mountaineers registered 22 All-American honors and 13 Mid-Atlantic Region distinctions in cross country and track combined.

In 2003, O'Reilly joined the Boston College coaching staff as an assistant and held the position for 10 seasons. While on staff, she helped guide the Golden Eagles to multiple ECAC titles and numerous appearances at the NCAA Championships.

O'Reilly earned her master's degree in athletic coaching education from WVU in 2004.

ASSISTANT COACH
CLARA GRANDT SANTUCCI

Clara Grandt Santucci is in her sixth season as the director of operations for the track and field and cross country programs.

She has 15 years of experience in various aspects track and field as a professionally sponsored distance runner for Mizuno and Saucony, winning the Pittsburgh Marathon twice in 2014-15; she was the first American finisher at the 2013 Chicago Marathon (placing fifth overall) and qualified for three U.S. Olympic Trials in the women's marathon in 2012, 2016 and 2020.

In the meantime, Santucci worked in aquatic therapy at Healthworks Rehab and Fitness in Morgantown while also volunteering as a Mountaineer coach.

Clara served as the graduate assistant director of operations for the WVU cross country and track and field teams while earning two master's degrees, one in sport management and the other in sport education.

The West Union native completed her undergraduate degree in exercise physiology at West Virginia University in 2010, where she was a four-time All-American performer in track and cross country for the Mountaineers. She became just the third female runner in school history to earn three All-America honors in three sports in the same season in 2010.

In 2009, Grandt was named to the USA Cross Country team and captured first-place honors at the NACAC Cross Country Championships. She also took eighth place at the 2008 United States World Cross Country Trials with a time of 28:22.

Santucci was inducted into the WVU Sports Hall of Fame in 2020.

She currently resides in Lawrence, Pennsylvania with her husband, Jason, and two children, Jaysie and Althea.

SUPPORT STAFF

NATASHA OAKES
Sport Administrator

SANDY COLE-DEMENT
Student-Athlete Development

JAKE GURTIS
Strength and Conditioning

MOUNTAINEER PROFILES

Roster 28
Returners 29
Newcomers 36

ROSTER

Name	Class	Hometown/Previous School
Emily Bryce	r-Sr.	Paisley, Ontario / Saugeen District Senior School
Anastasia Chepkorir	Jr.	Kericho, Kenya / Tulwap Kipsingis / Texas Tech
Mary Delaney	r-So.	Frostburg, Md. / Mountain Ridge
Aislinn Frazer	Fr.	Seaford, N.Y. / Friends Academy
Audrey Hall	Jr.	Hurricane, W.Va. / Hurricane High School
Chiara Judis	So.	Berlin, Germany / Melanchthon Gymnasium / Incarnate Word
Naomi Kemboi	Fr.	Eldoret, Kenya / Kimwogo Mixed Day Secondary School
Mercy Kinyanjui	r-So.	Kiambu, Kenya / Gathima Secondary School / Toledo
Alexis Lamb	Jr.	Salem, W.Va. / Doddridge County High School
Tecla Lokrale	Jr.	Kapenguria, Kenya / St. Mathias Mulumba High School
Claudia Moore	r-So.	Clarksburg, W.Va. / Robert C. Byrd
Tatiana Moura	R-Sr.	Libson, Portugal / Escola Secundária Professor José Augusto Lucas
Joy Naukot	So.	Kapenguria, Kenya / AIC Biribiriet Secondary School
Jennifer O'Palko	So.	Morgantown, W. Va. / Morgantown High School
Eva Rinker	Jr.	Waynesville, N.C. / Tuscola High School
Kishay Rowe	r-So.	Warsop, Trelawny / Alphansus Davis High School
Alyssa Sauro	Fr.	Williamstown, W. Va. / Williamstown High School
Ella White	r-Fr.	Terra Alta, W. Va. / Preston High School

STAFF

Head Coach: . . . . . Sean Cleary
Assistant Coach: . . . . . .Erin O'Reilly
Assistant Coach: . . . . . Clara Santucci
Communications: . . . . . Jaret Dyer

PRONUNCIATION GUIDE

Tecla Lokrale. . . . . .Tech-lah LOCK-rail
Anastasia **Chepkorir** . . . . . CHEP-courier
Tatiana **Moura** . . . . . More-ah
Mercy **Kinyanjui**. . . . . .Kin-yan-joo-ee
Joy **Naukot**. . . . . NOW-cot

MEET THE MOUNTAINEERS

ELLA WHITE

r-Freshman • 5'4"
Terra Alta, W.Va.
Preston High School

2024 (FR.)

- Did not compete

HIGH SCHOOL

- Ran for coaches Rachel Arbogast, Matt Bright, Paul Martin, Jason Saurino at Preston High School
- Competed for the NOTSERP track club under coach Matt Bright
- Named West Virginia AAA All-State Track all four years of high school
- Named West Virginia All-State Cross Country in 2020 and 2024
- Claimed gold in the 400 meters at the West Virginia AAA State Championship
- Holds the Preston High School record in the 400-meter race
- Earned track all-conference and all-region honors from 2022-24
- Named cross country all-conference in 2024
- Crowned the Region 1 AAA Championship in the 400 meters in 2023 and 2024

PERSONAL

- Daughter of Amanda and William White
- Has one sister
- Birthday is August 22
- Majoring in nursing

JENNIFER O'PALKO

r-Freshman • 5'6"
Morgantown, W. Va.
Morgantown High School

2024 (FR.)

- Did not compete

HIGH SCHOOL

- Ran for coach Mike Ryan at Morgantown High School
- Named cross country all-state in 2020, 2021 and 2023
- Aided in Morgantown High's 2020-23 AAA WV State Cross Country Championships
- Part of the relay team that holds the West Virginia high school record in the 4x800 meter relay
- Was a part of Morgantown High's 2022 and 2023 AAA WV State Track Championship team
- Crowned the West Virginia state championship in the 4x800 meter relay in 2021

PERSONAL

- Daughter of Dee and Andy O'Palko
- Has one sister
- Birthday is May 15
- Majoring in engineering

TECLA LOKRALE

Junior • 5'6"
Kapenguria, Kenya
St. Mathias Mulumba High School

2024 (SO.)

- Competed in three meets including the Louisville Classic, the Big 12 Cross Country Championships and the NCAA Mid-Atlantic Regional Cross Country Championships
- Bosted a career best time of 17:36.6 in the women's 5k at the Louisville Classic and finished in 29th place on Oct. 5
- Anchored her team at the Big 12 Cross Country Championships with a personal best time of 21:22.2 on Nov. 1 in the women's 6k
- Finished with a time of 21:30.4 at the NCAA Mid-Atlantic Regional Cross Country Championships on Nov. 15

PRIOR TO WEST VIRGINIA

- Ran at St. Mathias Mulumba High School
- Holds a personal best time of 32:32.00 in the 10k run
- Finished with a personal best time of 1:12:51 in the half marathon

PERSONAL

- Daughter of Regina and Lomuto Lokrale
- Has one brother and four sisters
- Birthday is March 4
- Majoring in sports management

JOY NAUKOT

Sophomore • 5'6"
Kapenguria, Kenya
AIC Biribiriet Secondary School

2024 (FR.)

- First Team All-American
- Big 12 Women's Newcomer of the Year
- All-Mid Atlantic Region honors
- All-Big 12 honors
- Competed in five meets including the Louisville Classic, Wisconsin Pre-Nationals, the Big 12 Cross Country Championships, the NCAA Mid-Atlantic Regional Cross Country Championships and the NCAA Cross Country Championships
- Aided in her team's runner up finish at the NCAA Cross Country Championships by capturing a 17th place finish with a time of 19:50.3 on Nov. 23
- Was the fastest freshman to cross the finish line at the NCAA Mid-Atlantic Regional Cross Country Championships on Nov. 15, boasting a time of 19:49.4 to claim 6th place
- Finished with a personal best time of 19:18.1 in the women's 6k at the conference championship, taking third place and becoming the fastest freshman in program history on Nov. 1
- Registered a career best time of 16:25.9 in the women's 5k at the Louisville Classic on Oct. 5, taking fourth place

PRIOR TO WEST VIRGINIA

- Ran for coach Bonface Siren at AIC Biribiriet Secondary School
- Was the winner of the Gutenberg Half Marathon with a time of 1:09:26
- Finished second in the 10k run at the Würzburg Residence Run with a time of 32:28.00

PERSONAL

- Daughter of Margret Akuwam and William Naukot
- Has three brothers and three sisters
- Birthday is September 7
- Majoring in sports management

EMILY BRYCE

r-Senior • 5'7"
Paisley, Ontario
Saugeen District Senior School

2024 (R-JR.)

- All-Mid Atlantic Region honors
- U.S.T.F.C.C.A. All-Academic Athlete
- Competed in five meets including the Louisville Classic, Wisconsin Pre-Nationals, the Big 12 Cross Country Championships, NCAA Mid-Atlantic Regional Cross Country and the NCAA Cross Country Championships
- Earned a career best time of 17:04.7 in the women's 5k at the Louisville Classic on Oct. 5
- Finished in 11th place at the NCAA Mid-Atlantic Regional Championships with a personal best time of 20:05.6 in the women's 6k on Nov. 15
- Aided in her team's runner up finish at the NCAA Cross Country Championships after finishing in 69th place with a time of 20:22.7 on Nov. 23

2023 (R-SO.)

- Competed at the Lehigh Invitational on Sept. 1
- Finished 11th overall with a time of 22:22.50 at the Lehigh Invitational

2022 (SO.)

- Competed in two meets
- Completed the Penn State National Open in 23:25.1
- Ran in the Big 12 Conference Championships and earned a time of 23:31.0

2021 (FR.)

- Did not compete

HIGH SCHOOL

- Ran at Saugeen District Senior School for coach Joe Chappel
- Also ran for Saugeen Track and Field Club for coach Brian Hilbers
- Gold OFSAA 3000m 2018
- Gold OFSAA XC and 3000m 2019
- Saugeen District Senior School record holder in 3000m and 1500m
- Part of the Ontario team in 2019 for nationals and won a gold medal in the mixed relay as the 800m leg with a time of 2:15
- Provincial Legion champion in 3000m from 2018-2020
- Athletics Ontario Champion for 3000m in 2018-2020 indoor and outdoor.
- Saugeen Track and Field Club record holder for the 3000m

PERSONAL

- Daughter of Wayne and Lori Bryce
- Has one sister
- Birthday is June 15
- Majoring in sports management
- Academic All-Big 12 Team
- Big 12 Commissioner's Honor Roll

MARY DELANEY

r-Sophomore • 5'9"
Frostburg, Maryland
Mountain Ridge

2024 (R-FR.)

- Competed in four meets
- Finished fourth in the women's 5k at the CMU Invitational with a personal best time of 18:36.7 on Oct. 12
- Earned a personal best time of 22:04.7 in the women's 6k at the Big 12 Cross Country Championships on Nov. 1

2023 (FR.)

- Redshirted

HIGH SCHOOL

- Ran at Mountain Ridge for coach Doug Baker
- Maryland 1A Indoor Track State Champion 800 and 1600 (2022)
- Maryland 1A Outdoor Track State Champion 1600 (2022)
- Maryland 1A Cross Country State Champion (2022)
- Maryland 1A Indoor Track State Champion 800 and 1600 (2023)
- Maryland 1A Outdoor 800, 1600, and 3200 State Champion (2023)
- Maryland 1A Indoor Track 800 state record holder
- Maryland 1A Outdoor Track 800, 1600, 3200 state record holder

PERSONAL

- Daughter of Eric and Jennifer Delaney
- Has one brother and one sister
- Birthday is April 19
- Majoring in journalism
- Academic All-Big 12 Team

AUDREY HALL

r-Sophomore • 5'6"
Hurricane, WV
Hurricane High School

2024 (SO.)

- Did not compete

2023 (FR.)

- Competed in three meets
- Earned a career best time of 21:22.5 at the Big 12 Cross Country Championship
- Finished second overall at the Robert Morris Invitational with a time of 17:31.15 in the women's 5k

HIGH SCHOOL

- Ran at Hurricane High School for coaches Eric Cooper, Jimmy Cunningham, Dru Bora
- Cross Country All-State (2019,2020, 2022)
- Cross Country All-Conference (2019,2020,2021,2022)
- Cross Country All Region (2019,2020,2021,2022)
- Cross Country State runner-up (2023)
- Track All-State 800m, 1600m, 4x800m (2022, 2023)
- Track All-Region 800m, 1600m, 4x800m (2022, 2023)
- Track Conference Champion 1600m (2022)
- Track Conference Champion 800m (2023)
- Track State silver medal 1600m (2022, 2023)
- Track State silver medal 800m (2023)

PERSONAL

- Daughter of Brad and Christa Hall
- Has two brothers and one sister
- Birthday is August 14
- Majoring in engineering
- Big 12 Commissioner's Honor Roll

LEXI LAMB

Junior • 5"5'
Salem, WV
Doddridge County High School

2024 (SO.)

- Competed in three meets including the Big 12 Cross Country Championships, the NCAA Mid-Atlantic Regional Cross Country Championships and the NCAA Cross Country Championships
- Earned a season best time of 21:04.6 in the women's 6k at the NCAA Mid-Atlantic Regional Cross Country Championships on Nov. 15, claiming 41st place
- Finished with a time of 21:26.2 at the NCAA Cross Country Championships, anchoring the squad to earn a runner up finish on Nov. 23

2023 (FR.)

- All Mid-Atlantic Region honors
- Competed in four meets
- Led the squad at the NCAA Mid-Atlantic Regionals with a time of 20:11.1, finishing fourteenth overall
- Set a career best time of 21:03.0 at the Big 12 Cross Country Championship
- Finished first at the Robert Morris Invitational after running a time of 17:27.40 in the women's 5k

HIGH SCHOOL

- Ran at Doddridge County High School for coach Josh Weekley
- Class A Cross Country Champion (2022)
- State runner up in the 800m, 1600m and 3200m (2021, 2022)
- Little Kanawha Conference Champion (2021, 2022)
- 4th place at the North Carolina Adidas Cross Country Challenge
- Silver medal in the 4x400m relay (2022)

PERSONAL

- Daughter of John and Angie Lamb
- Has one brother and three sisters
- Birthday is December 29th
- Majoring in sports management
- Academic All-Big 12 Team

2021 (SO.)

- All-American

CLAUDIA MOORE

r-Sophomore • 5'6"
Clarksburg, WV
Robert C. Byrd

2024 (R-FR.)
- Did not compete

2023 (FR.)
- Redshirted

HIGH SCHOOL
- Ran at Robert C. Byrd for coaches Chad Feathers, Sarah Fazzini
- Cross Country Regional Champion (2021)
- Cross Country Regional Silver Medal (2022)
- 3200m Regional Champion (2023)
- 1600m Regional Runner Up (2023)
- 3200m State Runner Up (2023)

PERSONAL
- Daughter of Brian and Danielle Moore
- Has one sister
- Birthday is September 21
- Majoring in human nutrition and foods
- Big 12 Commissioner's Honor Roll

TATIANA MOURA

r-Junior • 5'5"
Lisbon, Portugal
Escola Secundária Professor José Augusto Lucas

2024 (R-SR.)
- Did not compete

2023 (R-JR.)
- Competed at the Big 12 Cross Country Championship
- Finished with a time of 21:52.2 at the conference championship

PRIOR TO WEST VIRGINIA
- Ran at Escola Secundária Professor José Augusto Lucas for coach Paulo Dias
- Silver medal 3000m indoor National Champion
- Bronze medal 4km cross country National Championship
- Personal
- Daughter of Jaylton Pereira and Vanessa Adamo Moura
- Has one sister
- Birthday is January 3
- Majoring in human nutrition and foods

EVA RINKER

Junior • 5'7"
Waynesville, NC
Tuscola High School

2024 (SO.)

- Competed in five meets
- Earned a personal best time of 18:53.2 in the women's 5k at the Louisville Classic on Oct. 5
- Finished with a career best time of 22:37.1 at the Big 12 Cross Country Championships in the women's 6k on Nov. 1

2023 (FR.)

- Competed in three meets
- Ran for a season best time of 24:05.2 at the Lehigh Invitational
- Finished with a time of 20:04.34 in the women's 5k at the Robert Morris Invitational

HIGH SCHOOL

- Ran at Tuscola High School for coach Kevin Fitzgerald
- Three-year cross country and outdoor track captain
- Two-year indoor track captain
- All-Conference Cross Country (2020, 2021, 2022)
- All-Region Cross Country (2021, 2022)
- Cross Country State Qualifier (2020, 2021, 2022)
- All-WNC First Team (2021)
- All-WNC Second Team (2022)
- Cross Country MVP (2020, 2021, 2022)
- All-State Indoor Track (2023)
- Third place state medalist in the indoor 1600m (2023)
- All-Conference Outdoor Track (2022, 2023)
- All-Region Outdoor Track (2022, 2023)
- Conference Outdoor Track Most Valuable Runner (2023)
- Conference Champion 4x800m, 4x400m, 1600m, 800m (2022)
- Conference Champion 800m, 1600m, 3200m (2023)
- 800m Regional Champion (2022)
- 800m, 1600m Regional Champion (2023)
- Outdoor Track State Qualifier (2021, 2022, 2023)
- Third place State medalist in the outdoor 800m (2022, 2023)
- Outdoor 1600m State Champion (2023)
- Outdoor track MVP (2022, 2023)
- All-WNC outdoor track First-Team (2023)

PERSONAL

- Daughter of Jerimy and Joanne Rinker
- Has one sister
- Birthday is May 12
- Majoring in exercise physiology
- Academic All-Big 12 Team
- Big 12 Commissioner's Honor Roll

KISHAY ROWE

r-Sophomore • 5'4"
Warsop, Trelawny
Alpansus Davis High School

2024 (R-FR.)

- Did not compete

2023 (FR.)

- Redshirted

HIGH SCHOOL

- Ran at Alpansus Davis High School for coaches Megan Wilson-Copeland
- Represented Jamaica nationally three times
- Back-to-back medalist at the ISSA/Grace Kennedy Boys and Girls Championship

PERSONAL

- Daughter of Desmond Rowe and Janet Fearon
- Has three brothers and five sisters
- Birthday is May 9
- Major is physical education and kinesiology
- Big 12 Commissioner's Honor Roll

CHIARA JUDIS

Sophomore * 5'4"
Berlin, Germany
Melanchthon Gymnasium • University of the Incarnate Word

PRIOR TO WEST VIRGINIA

- Spent her freshman season at University of the Incarnate Word
- Finished second in the women's 5k with a personal best time of 17:57.5 at the UIW Invitational on Sept. 13
- Ran for a career best time of 13:56.1 in the women's 4k at the UIW Twilight, claiming second place on Aug. 30
- Garnished a personal best time of 20:28.3 in the women's 6k at the Arturo Barrios Invitational
- Competed at the Southland Conference Cross Country Championships

HIGH SCHOOL

- Ran for coach Hans Stephan at Melanchthon Gymnasium
- Finished with a time of 35:04 in the women's 10k at the 2024 Adidas Runners City Night
- Earned a personal best time of 1:19.02 in the women's half marathon at the Dreams Mitja Marató Barcelona by Brooks in Barcelona
- Ran a personal best time of 10:02.72 in the women's 3,000 meters at the Norddeutsche Meisterschaften Jugend U20
- Crossed the finish line in 17:35.45 in the women's 5,000 meters at the Norddeutsche Meisterschaften U18/ Männer/Frauen, good enough for a personal best

PERSONAL

- Daughter of Carmen-Anisia and Christian Judis
- Has one sister
- Birthday is February 10th
- Majoring in Kinesiology and Physical Education

NAOMI KEMBOI

Redshirt Freshman • 5'3"
Eldoret, Kenya
Kimwogo Mixed Day Secondary School

2024 (FR.)

- Redshirted

PRIOR TO WEST VIRGINIA

- Ran a personal best time of 15:58.03 in the women's 5,000 meters at the 2024 Track Night Vienna
- Earned a career best time of 34:48 in the women's 10k at the Kenyan Cross Country Championships

PERSONAL

- Daughter of Maureen Chelagat Chemoi and Samuel Kiplagat
- Has two brothers and five sisters
- Birthday is September 17
- Majoring in Sports Management
-

NEWCOMERS

AISLINN FRAZER

Freshman • 5'8"
Seaford, New York
Friends Academy

HIGH SCHOOL

- Ran for coaches Franklin Thompson, Dave Frazer, Louisa Garry at Friends Academy.
- 21-time Nassau County/Section VIII Champion in Cross Country and Track.
- Four-time Long Island Champion 1000, 4x400.
- Named nine-time All-State Athlete.
- Named four-time All-Federation Athlete.
- Named 2024 Nike 3rd Team All-Region in Cross Country.
- Three-time Nassau County Runner of the Year.
- Two-time Newsday Runner of the Year
- Awarded the 2025 Ferziger Award.
- Rewarded with the 2025 Friends Academy Outstanding Senior Athlete Award.
- 2024 Marine Corps Semper Fidelis Award Recipient.
- 2025 Colbert Britt Spirit of the Sport Award Recipient.

PERSONAL

- Daughter of David and Kristin Frazer
- Has one brother and one sister
- Birthday is January 8
- Majoring in Forensic Chemistry

ALYSSA SAURO

Freshman • 5'1"
Williamstown, W.Va.
Williamstown High School

HIGH SCHOOL

- Ran for coach Mike Taylor at Williamstown High School.
- Named two-time Gatorade Player of the Year.
- 14-time state champion in 4x800, 800, 1600, 3200.
- Six-time team state champion in Cross Country and Track
- Crowned first place while running for Team USA in the U-18 International Mountain Running Cup

PERSONAL

- Daughter of Scott and Michelle Sauro
- Has one sister
- Birthday is July 4

MERCY KINYANJUI

r-Sophomore • 5'7"
Kiambu, Kenya
Gathima Secondary School • Toledo

PRIOR TO WEST VIRGINIA

- Spent one season at the University of Toledo
- Won the 2024 Individual MAC Championship
- Named First Team All-MAC
- Placed first at the NCAA Great Lakes Regional Championship with a time of 19:29.7

HIGH SCHOOL

- Ran for coach Willy Bitok at Gathima Secondary School and at TownHall Athletics
- Was named team captain for the track team in high school school
- Awarded with the National Secondary Athletic Competition Certificate

PERSONAL

- Daughter of John Kinyanjui and Grace Njoroge
- Birthday is September 25
- Has two brothers and one sister
- Majoring in Social Work

ANASTAISA CHEPKORIR

Junior • 5'2"
Kericho, Kenya
Tulwap Kipsingis • Texas Tech

PRIOR TO WEST VIRGINIA

- Spent two seasons at Texas Tech
- Ran a personal best 5k time of 16:32.8 at the Joe Piane Notre Dame Invitational
- Finished with a career best 6k time of 19:41.8 at the Arturo Barrios Invitational

HIGH SCHOOL

- Ran at Tulwap Kipsingis

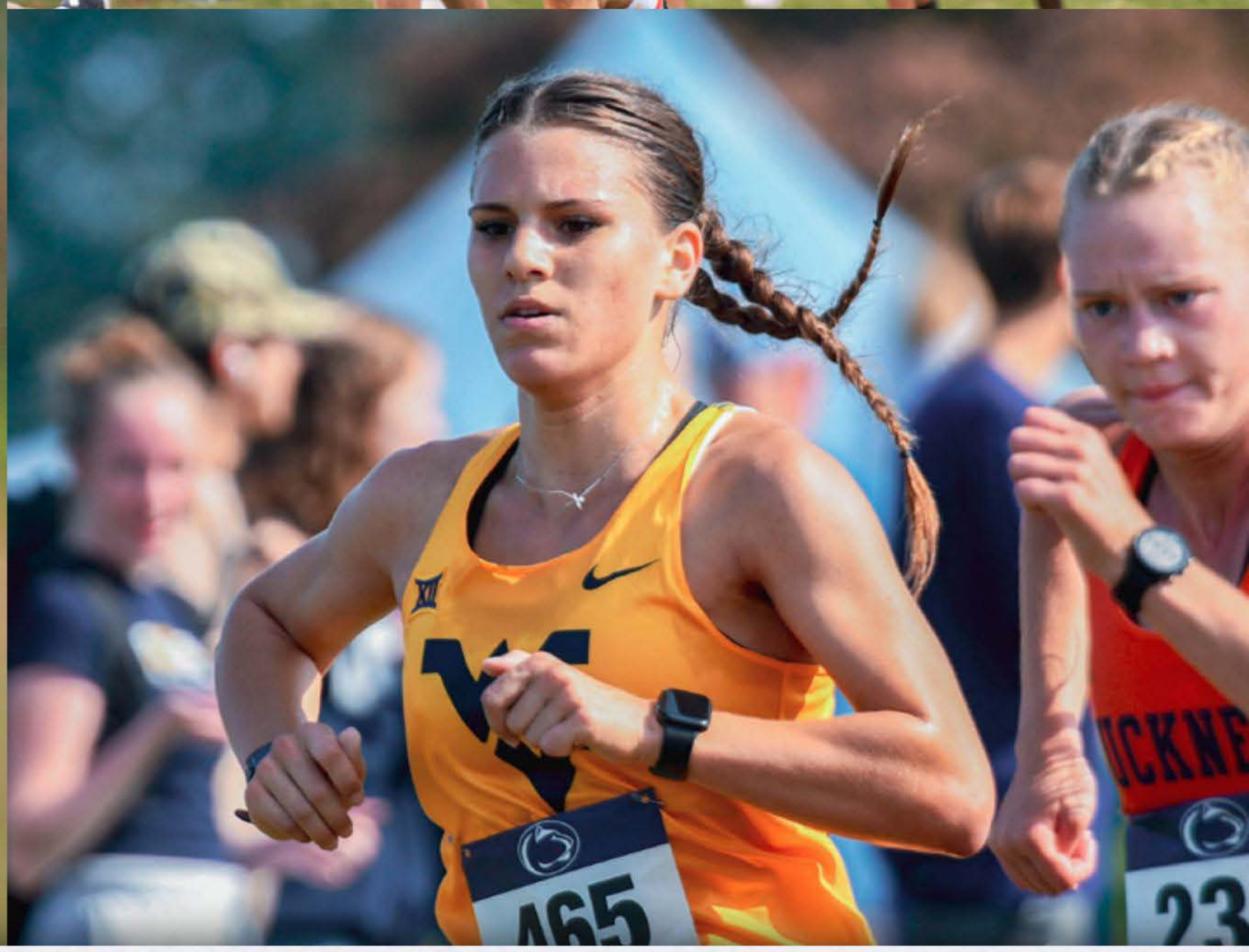
PERSONAL

- Daughter of Wilson and Anjelina Koskei
- Birthday is August 5
- Has four brothers and two sisters
- Majoring in Pre Nursing

NAUKOT
WEST VIRGINIA

LOKRALE
WEST VIRGINIA

322
475
321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2024 SEASON REVIEW

- West Virginia saw action in six regular season meets, followed by the Big 12 Championship, NCAA-Mid Atlantic Regional Championships and the NCAA Championship in the postseason
- The Mountaineers finished second out of 16 teams at the Big 12 Championship on Nov. 1 in Waco, Texas
- Graduate student Ceili McCabe took first place at the Big 12 Championship after posting a personal and program record time of 19:02.60, followed by freshman Joy Naukot in third place with a time of 19:18.09
- McCabe, Naukot and graduate student Sarah Tait all earned All-Big 12 conference honors
- In addition to their conference honors, McCabe was named the Big 12 Women's Runner of the Year while Naukot earned the Women's Newcomer of the Year title
- West Virginia went on to finish first out of 30 teams at the NCAA Mid-Atlantic Regional Championships on Nov. 15, this marked the team's first regional championship win since 2008
- Additionally at the NCAA Mid-Atlantic Regional Championships, WVU posted its lowest score at a regional championship with 41 total points
- McCabe won the NCAA Mid-Atlantic Regional Championship meet for the third time in her career, with a course record time of 19:11.2
- McCabe, Naukot, Tait, redshirt junior Emily Bryce and graduate student Madison Trippett all earned All-Mid Atlantic Region honors after finishing in the top 25 at the NCAA Mid-Atlantic Regional Championships
- After the successful regional meet, McCabe was named the Mid-Atlantic Region Women's Athlete of the Year while head coach Sean Cleary was named the regional Coach of the Year
- The Mountaineers concluded the season as runners-up at the NCAA Championship on Nov. 23, the highest finish in program history
- McCabe finished sixth at the NCAA Championship, with a time of 19:41.2. With the finish, McCabe garnished First Team All-America honors and marked the second time she has earned a top 10 finish at the championship meet
- Additionally, Naukot and Tait earned First Team All-American honors at the NCAA Championships
- Bryce, McCabe, Tait and Trippett were named All-Academic Athletes by the U.S.T.F.C.C.A.
- Emily Bryce, Aubrie Custer, Mary Delaney, Alexis Lamb, Ceili McCabe, Eva Rinker, Sarah Tait, Kase Torchia and Zara Zervos were all named to the Fall Academic All-Big 12 First Team
- The Mountaineer earned the U.S.T.F.C.C.A 2024 NCAA D1 Women's XC All-Academic Team Award

2024 HONORS AND AWARDS

Emily Bryce
- All-Mid Atlantic Region
- U.S.T.F.C.C.A. All-Academic Athlete
- Fall Academic All-Big 12 First Team

Aubrie Custer
- - Fall Academic All-Big 12 First Team

Mary Delaney
- Fall Academic All-Big 12 First Team
- Alexis Lamb
- Fall Academic All-Big 12 First Team

Ceili McCabe
- First Team All-American
- All-Mid Atlantic Region
- All-Big 12
- Mid-Atlantic Region Women's Athlete of the Year
- Big 12 Women's Runner of the Year
- 2024 Big 12 Champion
- 2024 NCAA Mid-Atlantic Regional Champion
- U.S.T.F.C.C.A. All-Academic Athlete
- Fall Academic All-Big 12 First Team

Joy Naukot
- First Team All-American
- All-Mid Atlantic Region
- All-Big 12
- Big 12 Women's Newcomer of the Year

Eva Rinker
- Fall Academic All-Big 12 First Team

Sarah Tait
- First Team All-American
- All-Mid Atlantic Region
- All-Big 12
- U.S.T.F.C.C.A. All-Academic Athlete
- Fall Academic All-Big 12 First Team

Kase Torchia
- Fall Academic All-Big 12 First Team

Madison Trippett
- All-Mid Atlantic Region
- U.S.T.F.C.C.A. All-Academic Athlete
- Fall Academic All-Big 12 First Team

2024 RESULTS

Date	Event	Place (Points)
Aug. 30	WVU Alumni Relay Meet (Morgantown, W. Va.)	No Team Score
Sept. 13	Spiked Shoe Invitational (University Park, Pa.)	No Team Score
Sept. 14	RMU Colonial Invitational (Clinton, Pa.)	No Team Score
Oct. 5	Live in Lou Classic (Louisville, Ky.)	First of 27 teams
Oct. 12	Carnegie Mellon Invitational (Pittsburgh, Pa.)	Second of 11 teams
Oct. 19	Wisconsin Pre Nationals (Madison, Wis.)	Fourth of 33 teams
Nov. 1	Big 12 Championships (Waco, Texas)	Second of 16 teams
Nov. 15	NCAA Mid-Atlantic Regional Championship (University Park, Pa.)	First of 30 teams
Nov. 23	NCAA Championship (Madison, Wis.)	Second of 31 teams

2024 MEET-BY-MEET RESULTS

WVU ALUMNI RELAY MEET

Aug. 30 | Morgantown, W. Va.
Two Mile Relay

WVU Finishers	Place	Time
Audrey Hall	2nd	11:08
Mary Delaney	4th	11:34
Aubrie Custer	7th	11:46
Zara Zervos	8th	11:51
Kase Torchia	14th	12:33

SPIKED SHOE INVITATIONAL

Sept. 13 | University Park, Pa.
Blue and White Course

WVU Finishers	Place	Time
Eva Rinker	148th	23:07.9
Aubrie Custer	164th	23:25.4
Zara Zervos	193rd	23:58.7

RMU COLONIAL INVITATIONAL

Sept. 14 | Clinton, Pa.
Youthtowne

WVU Finishers	Place	Time
Madison Trippett	1st	16:50.05
Kase Torchia	59th	19:55.00

LIVE IN LOU CLASSIC

Oct. 5 | Louisville, Ky.
E.P. "Tom" Sawyer State Park

WVU Finishers	Place	Time
Ceili McCabe	1st	16:06.0
Joy Naukot	4th	16:25.9
Madison Trippett	8th	16:58.3
Emily Bryce	11th	17:04.7
Sarah Tait	12th	17:12.0
Tecla Lokrale	29th	17:35.6
Eva Rinker	144th	18:53.2
Aubrie Custer	165th	19:08.8
Zara Zervos	246th	20:26.5
Kase Torchia	258th	20:55.6

CARNEGIE MELLON INVITATIONAL

Oct. 12 | Pittsburgh, Pa.
Schenley Park

WVU Finishers	Place	Time
Mary Delaney	4th	18:36.70
Eva Rinker	8th	19:18.80
Zara Zervos	12th	19:27.90
Aubrie Custer	13th	19:28.50
Kase Torchia	34th	20:19.80

WISCONSON PRE NATIONALS

Oct. 19 | Madison, Wis.
Zimmer Championship Course

WVU Finishers	Place	Time
Ceili McCabe	4th	19:10.8
Joy Naukot	10th	19:37.4
Emily Bryce	50th	20:15.1
Madison Trippett	61st	20:18.8
Sarah Tait	82nd	20:30.0

BIG 12 CHAMPIONSHIPS

Nov. 1 | Waco, Texas
Cottonwood Creek Golf Courses

WVU Finishers	Place	Time
Ceili McCabe	1st	19:02.60
Joy Naukot	3rd	19:18.09
Sarah Tait	12th	19:59.27
Madison Trippett	20th	20:08.51
Emily Bryce	25th	20:20.53
Tecla Lokrale	59th	21:22.22
Lexi Lamb	67th	21:38.53
Mary Delaney	82nd	22:04.63
Eva Rinker	101st	22:37.06
Aubrie Custer	113th	23:00.00

NCAA MID-ATLANTIC REGIONAL CHAMPIONSHIPS

Nov. 15 | University Park, Pa.
Blue and White Courses

WVU Finishers	Place	Time
Ceili McCabe	1st	19:11.2
Joy Naukot	6th	19:49.4
Sarah Tait	10th	19:58.9
Emily Bryce	11th	20:05.6
Madison Trippett	13th	20:13.2
Alexis Lamb	41st	21:04.6
Tecla Lokrale	67th	21:30.4

NCAA CHAMPIONSHIPS

Nov. 23 | Madison, Wis.
Zimmer Championship Course

WVU Finishers	Place	Time
Ceili McCabe	6th	19:41.2
Joy Naukot	17th	19:50.3
Sarah Tait	34th	20:00.9
Emily Bryce	69th	20:22.7
Madison Trippett	89th	20:29.0
Lexi Lamb	226th	21:26.2

RECORD BOOK

Cross Country Honors 44
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CROSS COUNTRY HONORS

NCAA

ALL-AMERICANS

Ceili McCabe	2021, 2022, 2024
Joy Naukot	**2024**
Sarah Tait	2024
Jillian Forsey	2014
Kaitlyn Gillespie	2010, 2011, 2014
Kate Harrison	2011
Clara Grandt	2009
Marie-Louise Asselin	2007, 2008, 2009
Keri Bland	2007, 2008, 2009
Megan Metcalfe	2002, 2004
Charity Wachera	1997

DIVISION I DISTRICT II COACHING STAFF OF THE YEAR

Martin Pushkin/Sean Cleary	1995, 1997, 2000

MID-ATLANTIC REGION COACH OF THE YEAR

Sean Cleary	2004, 2007, 2008, 2021, 2024

NCAA MID-ATLANTIC TEAM CHAMPIONS

2004, 2008, 2024

NCAA ALL-MID-ATLANTIC CHAMPION

Megan Metcalfe	2002
Ceili McCabe	2021, 2024

NCAA ALL-MID-ATLANTIC ATHLETE OF THE YEAR

Ceili McCabe	2021, 2024

NCAA ALL-MID-ATLANTIC REGION

Emily Bryce	**2024**
Alexis Lamb	**2023**
Joy Naukot	**2024**
Madison Trippett	2024
Sarah Tait	2023, 2024
Mikaela Lucki	2022
Charlotte Wood	2022
Katherine Dowie	2021, 2022, 2023
Mikaela Lucki	2021
Sylvia Russel	2021
Ceili McCabe	2019, 2021, 2022, 2024
Candace Archer	2019
Hayley Jackson	2019
Amy Cashin	2016, 2017
Millie Paladino	2015
Savanna Plombon	2015
Maggie Drazba	2014, 2016, 2017
Brynn Harshbarger	2014
Jillian Forsey	2013, 2014, 2016
Sarah Martinelli	2013
Sydney Scott	2012, 2014
Kelly Williams	2012. 2013
Kaitlyn Gillespie	2010, 2011, 2014
Sarah-Anne Brault	2010, 2011, 2012
Ahna Lewis	2008, 2011
Kate Harrison	2008, 2009, 2011
Kaylyn Christopher	2008, 2009, 2011
Clara Grandt	2007, 2008, 2009
Marie-Louise Asselin	2006, 2007, 2008, 2009
Keri Bland	2006, 2007, 2008, 2009
Susan Davis	2004, 2005
Jennifer Davis	2004
Tara Struyk	2002, 2003, 2004
Megan Metcalfe	2000, 2002, 2003, 2004
Merissa Sexsmith	1999, 2000
Rebecca Stallwood	1999, 2000
Karin Lockhart	1998, 2000
Kate Vermeulen	1998
Charity Wachera	1998
Nancy Knapp	1998
Francine Darroch	1998

USTFCCCA NATIONAL ATHLETE OF THE WEEK

Ceili McCabe	2021 (Oct. 18

NCAA TEAM QUALIFIERS

1997, 2000, 2004, 2007, 2008, 2009, 2011, 2013, 2014, 2021, 2022, 2024

INDIVIDUAL NCAA QUALIFIERS

Jillian Forsey	2016
Maggie Drazba	2016
Millie Paladino	2015
Kaitlyn Gillespie	2010
Sarah-Anne Brault	2010, 2012
Susan Davis	2005
Megan Metcalfe	2002, 2003
Tara Struyk	2003
Merissa Sexsmith	1999
Rebecca Stallwood	1999
Kate Vermeulen	1998
Charity Wachera	1995, 1997
Vicki Stum	1990

NCAA WOMAN OF THE YEAR

Rebecca Stallwood	2001

NCAA ELITE 89 AWARD

Kelly Williams	2014
Ahna Lewis	2011

WVU AT THE NCAA CHAMPIONSHIPS

1997	20th (485 points)
2000	21st (491 points)
2002	Metcalfe (9th)
2003	Metcalfe (32nd), Davis (70th)
2004	15th (388 points)
2005	Davis (74th)
2007	9th (375 points)
2008	4th (198 points)
2009	6th (259 points)
2010	Gillespie (34th), Brault (71st)
2011	8th (297 points)
2012	Brault (76th)
2013	24th (621 points)
2014	8th (277 points)
2015	Paladino (77th)
2016	Drazba (58th), Forsey (97th)
2021	McCabe (3rd), 21st (489 points)
2022	McCabe (24th), 27th (562 points)
2024	McCabe (6th), 2nd (164 points)

CONFERENCE

ALL-BIG 12

Ceili McCabe	2024
Joy Naukot	2024
Sarah Tait	2024
Jeanne Reix Charat	2022
Sylvia Russel	2021
Mikaela Lucki	2021, 2022
Charlotte Wood	2020, 2022
Candace Archer	2019
Katherine Dowie	2020, 2022
Olivia Hill	2019
Ceili McCabe	**2019, 2020, 2021**
Hayley Jackson	2018, 2019
Amy Cashin	2017
Jillian Forsey	2014, 2016
Maggie Drazba	2014, 2017
Kaitlyn Gillespie	2014
Sarah Martinelli	2013
Sarah-Anne Brault	2012

BIG 12 WOMEN'S CROSS COUNTRY NEWCOMER OF THE YEAR

Ceili McCabe	**2019**
Joy Naukot	2024

BIG 12 WOMEN'S CROSS COUNTRY RUNNER OF THE YEAR

Ceili McCabe	**2021, 2024**

BIG 12 WOMEN'S CROSS COUNTRY SCHOLAR-ATHLETE OF THE YEAR

Jillian Forsey	2016
Kaitlyn Gillespie	2014
Sarah Martinelli	2013

BIG 12 WOMEN'S RUNNER OF THE WEEK

Ceili McCabe	**2022 (Oct. 4)**
Megan Weaver	**2022 (Oct. 11)**
Abbey Yuhasz	2022 (Oct. 25)
Ceili McCabe	**2021 (Oct. 5/Oct. 19)**
Hayley Jackson	2019 (Sept. 24)
Charlotte Wood	2018 (Sept. 4)
Olivia Hill	2018 (Sept. 25)
Amy Cashin	2017 (Sept. 12)
Jillian Forsey	2016 (Sept. 13)
Sarah Martinelli	2013 (Oct. 8)

BIG EAST TEAM CHAMPIONS

2007

BIG EAST FRESHMAN OF THE YEAR

Megan Metcalfe	2000

BIG EAST WOMEN'S CROSS COUNTRY INDIVIDUAL CHAMPION

Marie-Louise Asselin	2008
Big East Team Academic Excellence Award	
2011	

BIG EAST INSTITUTIONAL FEMALE SCHOLAR-ATHLETE OF THE YEAR

Charity Wachera	1997
Ahna Lewis	2011

ALL-BIG EAST

Sarah-Anne Brault	2011
Kate Harrison	2011
Kaitlyn Gillespie	2010, 2011
Marie-Louise Asselin	2007, 2008, 2009
Keri Bland	2007, 2008, 2009
Clara Grandt	2007, 2008, 2009
Susan Davis	2005
Tara Struyk	2002, 2003
Megan Metcalfe	2000, 2002, 2003, 2004
Rebecca Stallwood	1999, 2000
Merissa Sexsmith	1999
Charity Wachera	1997

ATLANTIC 10 TEAM CHAMPIONS

	1994

ATLANTIC 10 INDIVIDUAL CHAMPIONS

Vicki Stum	1991

ATLANTIC 10 FRESHMAN OF THE YEAR

Charity Wachera	1994
Heather Bury	1993
All-Atlantic 10	
Charity Wachera	1994
Carisa Brown	1994
Heather Bury	1993, 1994
Kerryn Davidson	1992, 1993, 1994
Erin O'Reilly	1991
Vicki Stum	1990, 1991

OTHER

CSC ACADEMIC ALL-AMERICA

Andrea Pettit	Third Team	2019
Amy Cashin	First Team	2018
Amy Cashin	Second Team	2017
Jillian Forsey	Second Team	2017
Kelly Williams	First Team	2016
Kelly Williams	First Team	2015
Kaitlyn Gillespie	Second Team	2015
Jillian Forsey	Third Team	2015
Sarah-Anne Brault	Second Team	2013
Kaitlyn Gillespie	First Team	2012
Katie Harrison	First Team	2012
Kaylyn Christopher	Third Team	2012
Ahna Lewis	Third Team	2012
Sarah-Anne Brault	Second Team	2011
Keri Bland	Third Team	2011
April Rotilio	Third Team	2011
Marie-Louise Asselin	Second Team	2010
Kaylyn Christopher	Third Team	2010
Marie-Louise Asselin	Third Team	2009
Megan Metcalfe	Third Team	2005

CSC ACADEMIC ALL-DISTRICT

Kishay Rowe	First Team	2024
Sarah Tait	First Team	2023, 2024
Madison Trippett	First Team	2024
Katherine Dowie	First Team	2022
Mikaela Lucki	First Team	2022
Ceili McCabe	**First Team**	**2022, 2023, 2024**
Charlotte Wood	First Team	2022
Marianne Abdalah	First Team	2020
Olivia Hill	First Team	2020
Olivia Hill	First Team	2019
Olivia Hill	First Team	2019
Andrea Pettit	First Team	2019
Amy Cashin	First Team	2018
Amy Cashin	First Team	2017
Jillian Forsey	First Team	2017
Amy Cashin	First Team	2016
Kelly Williams	First Team	2016
Jillian Forsey	First Team	2015
Kaitlyn Gillespie	First Team	2015
Kelly Williams	First Team	2015
Kelly Williams	First Team	2014
Sarah-Anne Brault	First Team	2013
Sarah-Anne Brault	First Team	2012
Kaylyn Christopher	First Team	2012
Kaitlyn Gillespie	First Team	2012
Kate Harrison	First Team	2012
Ahna Lewis	First Team	2012
Keri Bland	First Team	2011
Sarah-Anne Brault	First Team	2011
April Rotilio	First Team	2011
Marie-Anne Asselin	First Team	2010
Kaylyn Christopher	First Team	2010
Marie-Louise Asselin	First Team	2009
Marie-Louise Asselin	First Team	2008
Jessica Czaikowski	First Team	2007
Alison Spiker	First Team	2007
Abbie Stechschulte	First Team	2007
Megan Metcalfe	First Team	2005
Devon Plesuk	First Team	2005
Tara Struyk	First Team	2005

USTFCCCA CROSS COUNTRY ALL-AMERICA

Jillian Forsey	2014
Kaitlyn Gillespie	2014
Katie Harrison	2011
Kaitlyn Gillespie	2011
Kaitlyn Gillespie	2010
Marie-Louise Asselin	2009
Keri Bland	2009
Clara Grandt	2009
Marie-Louise Asselin	2008
Keri Bland	2008
Marie-Louise Asselin	2007
Keri Bland	2007
Megan Metcalfe	2004
Megan Metcalfe	2002
Steve Bohan (men's)	2000

USTFCCCA CROSS COUNTRY ALL-ACADEMIC

Emily Bryce	**2024**
Sarah Tait	2023
Madison Trippett	2024
Katherine Dowie	2023
Myesha Nott	2020
Ceili McCabe	**2019, 2024**
Candace Archer	2019
Amy Cashin	2017
Maggie Drazba	2017
Jillian Forsey	2016
Amy Cashin	2016
Maggie Drazba	2016
Jillian Forsey	2015
Kaitlyn Gillespie	2015
Brynn Harshbarger	2014
Sydney Scott	2014
Maggie Drazba	2014
Kaitlyn Gillespie	2014
Jillian Forsey	2014
Kelly Williams	2013
Kelly Williams	2012
Sarah-Anne Brault	2011
Kaitlyn Gillespie	2011
Kate Harrison	2011
Ahna Lewis	2011
Sarah-Anne Brault	2010
Kaitlyn Gillespie	2010
Marie-Louise Asselin	2009
Keri Bland	2009
Clara Grandt	2009
Kate Harrison	2009
Marie-Louise Asselin	2008
Keri Bland	2008
Kaylyn Christopher	2008
Ahna Lewis	2008
Marie-Louise Asselin	2007
Keri Bland	2007

RED BROWN CUP

Ceili McCabe	**2022**

WVU CROSS COUNTRY ALL-AMERICANS

CHARITY WACHERA

1997

Charity Wachera was one of WVU's best distance runners during her career. For her efforts and accomplishments, she was inducted into the West Virginia University Sports Hall of Fame in 2016. The Nairobi, Kenya, native earned All-America honors in the 10,000 meters with a sixth-place finish (34:29.64) at the 1998 NCAA Outdoor Track & Field Championships. She also set two school records during her tenure at WVU. She ran a 16:27.27 in the 5,000 meters and a 34:24.00 in the 10,000 meters during the 1998 outdoor track season. Her mark in the 10,000m still stands today, while her mark in the 5,000 meter was broken by fellow All-American Rebecca Stallwood in 2001. In 1997, Wachera finished 11th at the NCAA Championships with a time of 17:00 to become WVU's first female cross country All-American.

MEGAN METCALFE

2002 • 2004

Megan Metcalfe, a nine-time All-American, is the most prolific distance runner in Mountaineer women's cross country and track and field history and was inducted into the West Virginia University Sports Hall of Fame in 2015. She was the first women's cross country runner, and the third women's track and field athlete to be inducted. Metcalfe is also the first Mountaineer to achieve two All-America honors in cross country. The Edmonton, Alberta, native earned her first All-America accolade as a member of the 2001 distance medley relay team, which finished in eighth place at the NCAA Track & Field Championships. Metcalfe's second All-America award, and first individual, came with a third-place finish in the 3,000-meter race at the 2002 NCAA Outdoor Championship in a WVU record-time of 9:09.95. Also an outstanding cross country runner, Metcalfe was named the 2000 Big East Freshman of the Year. Her third All-America honor came with a ninth-place finish at the 2002 NCAA Cross Country Championship, making her just the second female cross country All-American in school history and only the fourth Mountaineer to earn All-America honors in two sports. She earned her fourth and fifth All-America accolades in 2003 by finishing fourth in the 3,000-meters at the indoor championship and wa s a part of the school-record-setting distance medley relay team in that same meet. Her sixth and seventh awards came in March 2004, when she was fifth in the 3,000-meters at the NCAA Finals and again was a member of the DMR team. Metcalfe's school-record setting eighth All-America honor came at the 2004 NCAA Cross Country Championship where she recorded a 16th-place overall finish. Metcalfe capped off her brilliant career with a ninth All-America honor and a national championship when she won the 5,000-meters at the 2005 NCAA Outdoor Championships. She also competed at the World Cross Country Championship twice during her tenure at WVU and competed at the World University Games in Turkey. In 2008, Metcalfe reached the top, as she ran in the 5,000-meter race for Canada in the Beijing Olympics.

MARIE-LOUISE ASSELIN

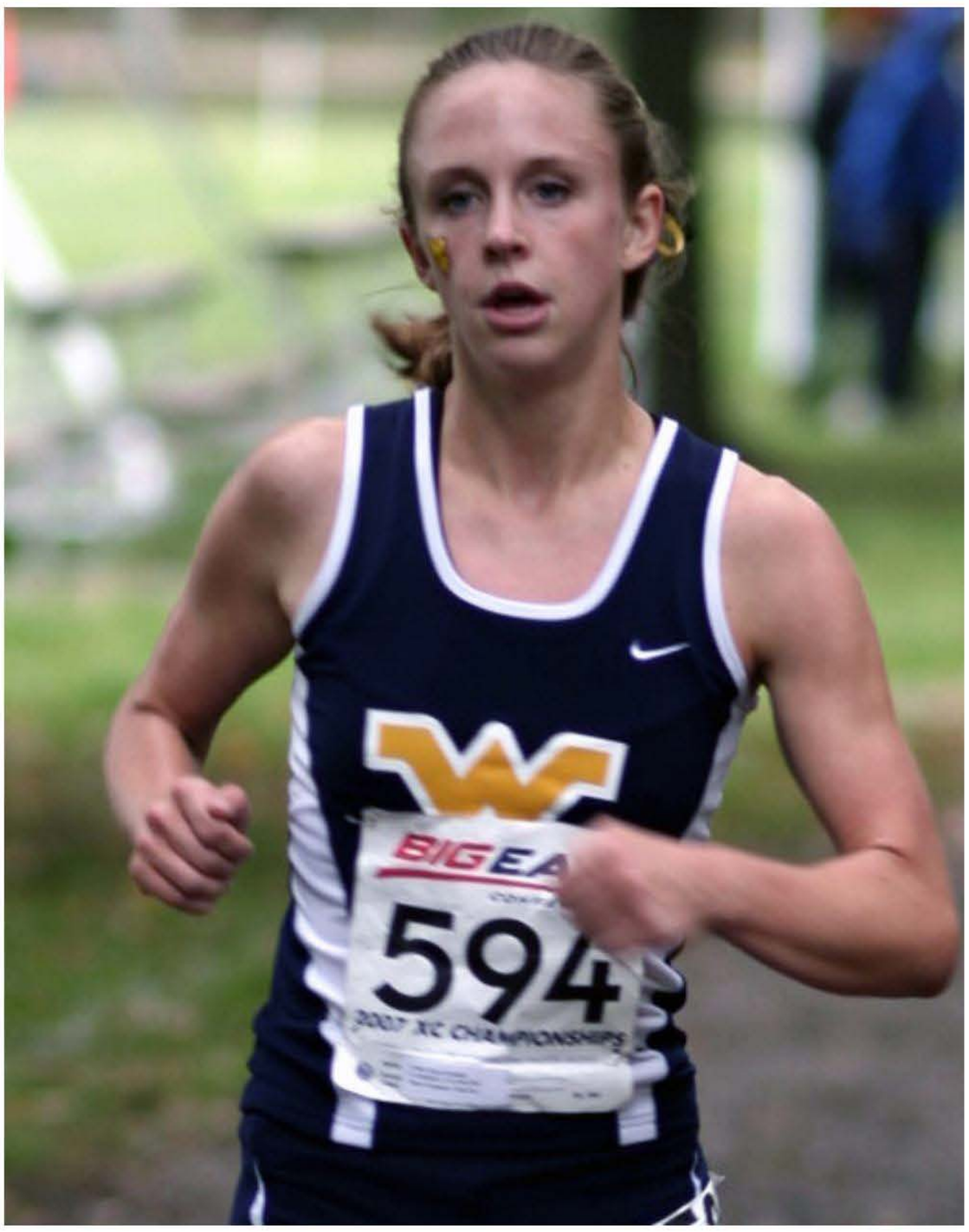
2007 • 2008 • 2009

Marie-Louise Asselin capped her cross country career as one of the most decorated runners in WVU history. The Sarnia, Ontario, native owns seven All-America medals, including three in cross county and four in track. Asselin's last cross country season, 2009, was one for the record books as she became one of only two WVU runners to earn three All-America honors in the sport. Along with teammate Keri Bland, Asselin achieved the honor as she finished in 31st place (20:43) at the 2009 NCAA Cross Country Championships. The Mountaineers went on to finish sixth, marking the third-consecutive year that WVU finished in the top 10 at the national championship. Asselin also earned all-region honors for the fourth time in her career and All-Big East honors for the third time. Her success continued into the track season as she posted a second-place finish in the 5,000-meter race at the NCAA Indoor Championships (15:50.53) and a second-place finish in the 5,000m at the NCAA Outdoor Championships (15:53.93). In 2008, she led WVU to its most successful season in school history, as the Mountaineers took a historic fourth-place finish at the NCAA Cross Country Championships, first at the NCAA All-Mid-Atlantic Regionals and second at the Big East Championship. Asselin became WVU's first Big East Women's Cross Country Individual Champion in 2008, as she took the top spot with a time of 20:10. She then placed 17th at the NCAA Championships race with a time of 20:27 to earn her second consecutive All-American honor. She earned her first All-American title in 2007 as the Mountaineers captured their first Big East Championship and finished ninth in the country. Even though she was just a sophomore at the time, Asselin became WVU's third All-American in the sport when she finished 17th (14th in the team standings) with a time of 20:39 at the 2007 NCAA Championships. It was a fitting ending to an outstanding season that saw her post the team's highest finish in the final five meets. Asselin showed glimpses of her abilities just weeks earlier at the Big East Championship, where she took second place. At the NCAA Mid-Atlantic Regional race that year, she placed third in leading her team to an overall second-place finish. Asselin, an All-Big East and All-Mid-Atlantic region selection, was joined by Bland as an All-American, marking the first time in program history that two teammates earned the honor in the same season. In the 2008 indoor track season, Asselin went on to place seventh in the 3,000-meter to earn All-America honors and was on the All-America distance medley relay team that took fourth at nationals.

KERI BLAND

2007 • 2008 • 2009

Keri Bland, a seven-time All-American, continued to leave her name in the WVU record books as she aided the Mountaineers to a sixth-place finish at the 2009 NCAA Cross Country Championships, marking the third-straight year WVU finished in the nation's top 10. Bland, along with teammate Marie-Louise Asselin, became the only Mountaineers in school history to earn All-America honors for three seasons in cross county, as she finished 34th at the national meet (20:45). The Fairview, West Virginia, native earned two All-America honors in the 2009 indoor track season, as she placed eighth in the mile and was a part of the distance medley relay team. Bland continued to dominate in the outdoor season, as she earned her fourth honor of the year by virtue of finishing as one of the top U.S. competitors in the 1,500-meter race, marking the second time she earned honors in all three seasons. Bland was an essential part of the Mountaineers cross country team in 2008, when she led WVU to its most successful season in school history as the squad placed fourth at the NCAA Championships, first at the NCAA Mid-Atlantic Regionals and second at the Big East Championship. She was the first Mountaineer to finish at the NCAA Championships, where she finished 14th with a time of 20:20. In 2007, Bland and Asselin helped guide the Mountaineers to their first conference title and the highest finish at nationals in school history (ninth) in 2007. At nationals, Bland was the second Mountaineer to cross the line in 23rd at 20:58. Bland, along with Asselin, was named a first team All-American, marking the first time WVU's cross country program had multiple All-Americans in the same year. Bland earned All-Big East and All-Mid-Atlantic region accolades during the season after finishing fourth and seventh, respectively, in those races. In the 2008 indoor track season, Bland was a part of the All-America distance medley team that set a school record and placed fourth in the country. She finished the 2008 outdoor season by earning All-America honors in the 1,500-meters to become the first female in WVU history to earn All-America honors in three sports in the same year.



CLARA GRANDT

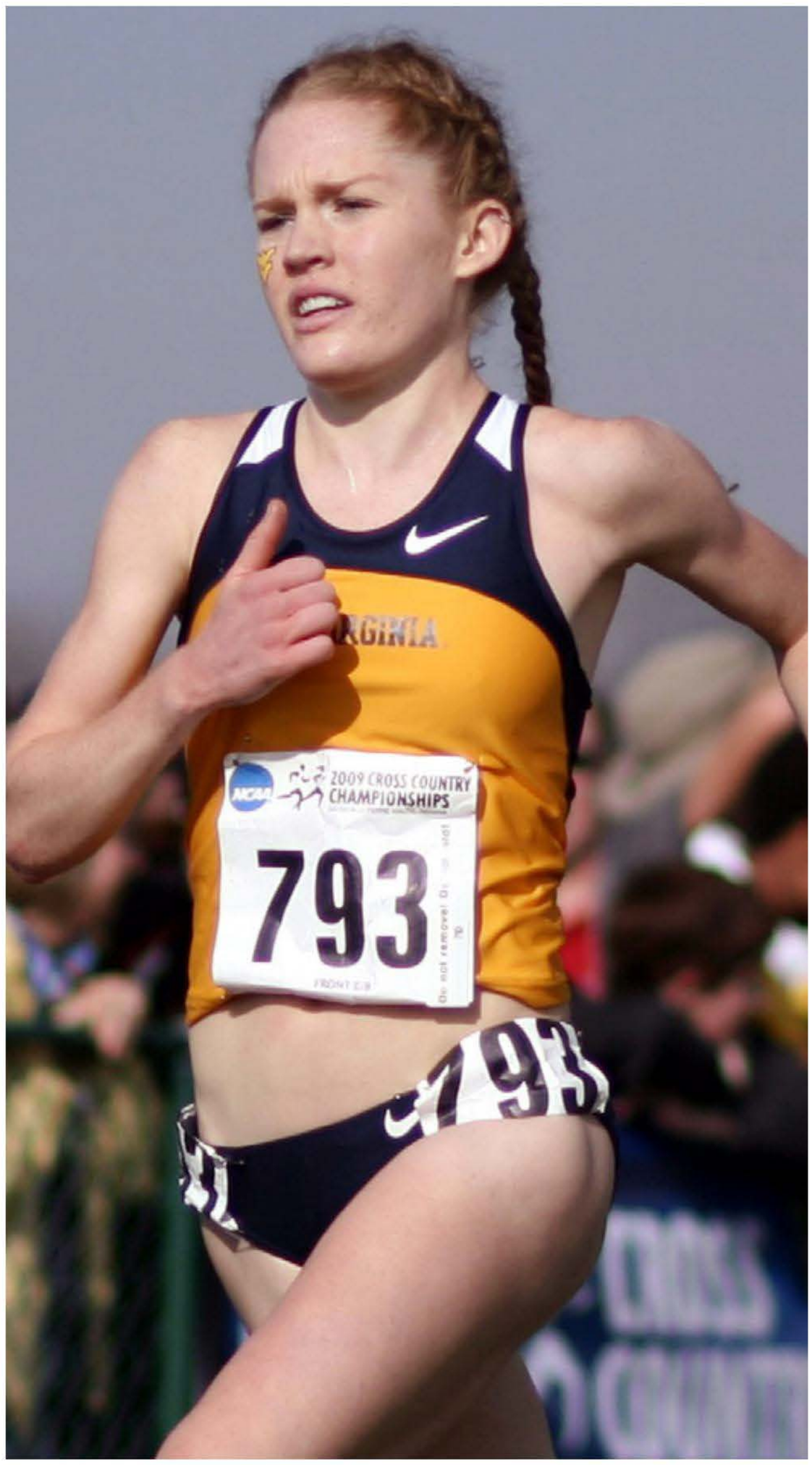
2009

Clara Grandt saved the best for last as she posted the finest season of her career and earned her first All-America honor in cross country as a senior in 2009. The West Union, West Virginia, native led the team to a sixth-place finish at the NCAA Cross Country Championships, the first Mountaineer to cross the line in 13th-place overall. Grandt also earned all-region and All-Big East honors and was named the Big East Cross Country Athlete of the Week on Sept. 24, for her efforts in the Midwest Open. There she crossed the line in 17:00.1, 19 seconds before Louisville's Tarah McKay (17:19.4), for the fastest course time in over 20 years. In the track season, Grandt earned her second honor of the year by virtue of finishing as one of the top U.S. citizens in the 5,000-meter race at the 2010 NCAA Indoor Championships. She then capped off her final season as a Mountaineer with a fourth-place showing in the 10,000-meter race at the outdoor championship, giving her four total All-America honors. Grandt became WVU's 24th track and field All-American as she earned the honors with a fourth-place showing in the 10,000-meter finals at the NCAA Championships in 2009. Grandt started off the race behind the lead pack before finding her stride around the 6,000-meter mark. The junior closed the gap, and finished with a time of 33:45.16. Since graduating from WVU, Grandt has gone one to win the Pittsburgh Marathon twice (2014, 2015), finish first among Americans at the 2013 Chicago Marathon and fifth overall in 2014. The two-time Olympic trial qualifier has also experienced success at the Boston Marathon and was a member of the U.S. Half-Marathon Championships team in 2014. Currently, Grandt serves as a graduate assistant for coach Sean Cleary's cross country and track and field teams.

KAITLYN GILLESPIE

2010 • 2011 • 2014

Kaitlyn Gillespie finished her Mountaineer career with three All-American honors. As a junior, she placed seventh at the Big East Championship in 20:14 and followed it with a seventh-place mark in 21:46 at the NCAA Mid-Atlantic Regional. To earn All-America status, she came in 27th place at the NCAA Championships with a 6k time of 20:17, improving in placement and time from her 2010 NCAA finish. Gillespie was also named to the USTFCCCA All-Academic team following the 2011 season. In her first season at WVU after one year at Cedarville University, Gillespie quickly made the successful jump to Division I competition in 2010 by earning All-America, all-region and all-conference accolades. The Cuyahoga Falls, Ohio, native became an All-American for the first time following her 34th-place finish at the NCAA Championships, where she finished the 6k course in 20:46. To earn All-Mid-Atlantic Region and All-Big East honors, Gillespie came in 10th place at the NCAA Mid-Atlantic Regional and the Big East Championship, widely regarded as the most difficult regional and conference events in the nation. Before a 17th-place finish at the 2010 Penn State National, she had two first-place finishes at the Big East Preview and Notre Dame Invitational. Gillespie's final season in Morgantown saw her obtain All-America status for the third time. She garnered All-Big 12, All-Mid-Atlantic Region and All-America honors throughout the 2014 campaign. Gillespie was the first Mountaineer to cross the line at the Big 12 Championship, finishing in fifth-place overall in the conference. She finished third in the Mid-Atlantic Region race and followed that up with a 26th-place finish at the 2014 NCAA Championships.



KATE HARRISON

2011

A native of Toronto, Ontario, Kate Harrison ended a stellar WVU cross country career with one of the most impressive single-season resumes in school history. A four-time NCAA participant, Harrison recorded the all-time program-best finish at the NCAA Championships with an eighth-place mark, breaking Megan Metcalfe's ninth-place finish in 2002 at the event. She also finished the race with a career-best 6k time of 19:50 as she earned All-America for the first time in cross country. During the 2011 season, she was twice named the WVU Athlete of the Week and also earned All-Big East and All-Mid-Atlantic Region honors. To earn all-conference, the senior placed third in 19:52 at the conference meet, before recording a fifth-place finish in 21:38 at the NCAA Mid-Atlantic Regional to earn all-region marks. She also excelled in academics as she was named to the 2011 USTFCCCA All-Academic team.

JILLIAN FORSEY

2014

As a sophomore, Jillian Forsey made her mark as a Mountaineer, earning All-America status for the first time, doing so with a 14th-place finish (20:17.9) at the 2014 NCAA Cross Country Championships in Terre Haute, Indiana. The Stephenville, Newfoundland and Labrador, native raced to a second-place finish overall, with a time of 20:18 at the Mid-Atlantic Region to earn All-Mid-Atlantic Region recognition. She also received All-Big 12 distinctions after placing 12th in 20:54.9 at the 2014 Big 12 Cross Country Championship in Lawrence, Kansas. Forsey has received Academic All-America honors and Academic All-Big 12 accolades, while maintaining a 4.0 GPA. In 2016, Forsey qualified individually to the NCAA Championships, where she earned a 97th-place finish. She was also named the Big 12 Women's Cross Country Scholar-Athlete of the Year in 2016.

CEILI MCCABE

2021 • 2022 • 2024

As a freshman, Ceili McCabe bursted onto the scene to claim the Big 12 Conference Cross Country Women's Newcomer of the year award. She also earned All-Big 12, All-Mid-Atlantic Region honors and was the second freshman to cross the finish line at the NCAA Mid-Atlantic Championship with a 6k time of 20:47.

The Vancouver, British Columbia, native continued her dominance in 2021, as she garnered All-American honors and was named the Mid-Atlantic Athlete of the Year and the Big 12 Women's Runner of the Year after winning the Big 12 and Mid-Atlantic Championship and finishing third at the NCAA Championship.

During the 2022 season, McCabe earned her second All-America honor after finishing 24th at the NCAA Cross Country Championships. Additionally, she won the NCAA Mid-Atlantic Region and Big 12 Cross Country Championships earning All Mid-Atlantic Region and All-Big 12 honors.

In her final season as a Mountaineer, McCabe finished sixth overall the 2024 NCAA Cross Country Championships, earning her third cross country First Team All-American honor. With the placement, McCabe helped West Virginia secure its NCAA Championship runner up title, which marked the first in program history. The graduate student additionally earned her third All Mid-Atlantic and Big 12 accolades, after winning both the regional and conference championships. Additionally, McCabe was named the U.S.T.F.C.C.C.A. Mid-Atlantic Region Women's Athlete of the Year and the Big 12 Women's Runner of the Year.

McCabe has been honored as a U.S.T.F.C.C.C.A. All-Academic Athlete and named to the CSC Academic All-District team. She also has earned academic honors every year she has competed at WVU.

SARAH TAIT

2024

Sarah Tait finished her career at West Virginia by earning First Team All-American honors at the 2024 NCAA Cross Country Championships. The graduate student finished 34th overall at the championships, with a time of 20:00.9.

Tait also earned All Mid-Atlantic Region honors after placing 10th at the NCAA Mid-Atlantic Regional Championships with a personal best time of 19:58.9. Additionally, she collected All-Big 12 accolades after finishing 12th overall at the conference championship.

The Edinburg, Scottland, native was named as a U.S.T.F.C.C.A. All Academic Athlete, and to the CSC Academic All-District Team. She also earned Academic All-Big 12 honors and was honored to the Big 12 Commissioners Honor Roll as well as the Garrett Ford Academic Honor Roll.

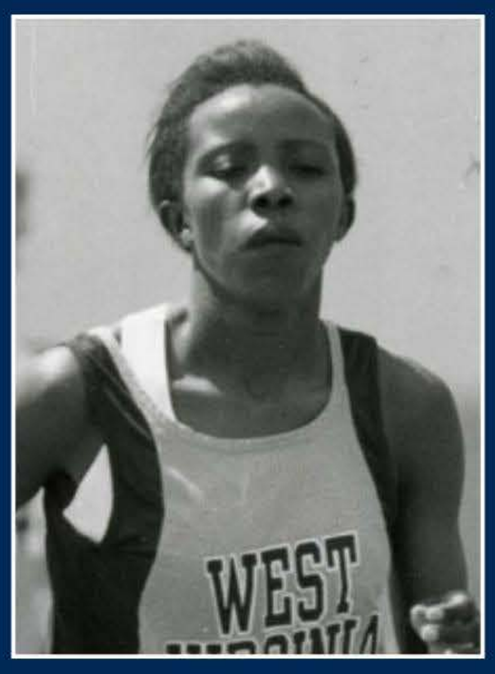
JOY NAUKOT

2024

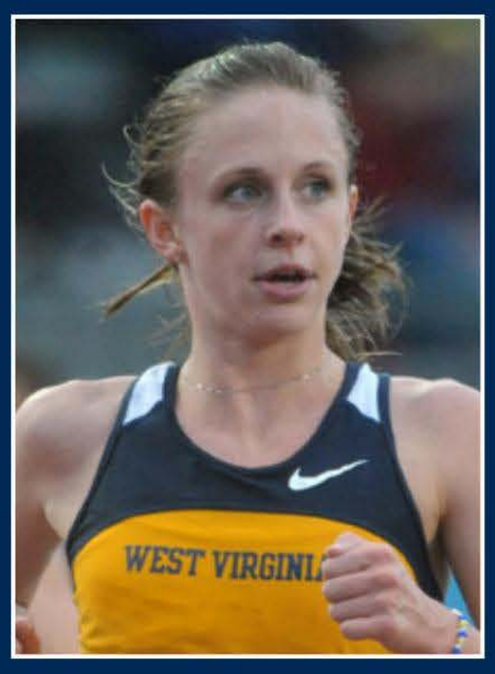
As a freshman, Joy Naukot made her mark as a Mountaineer earning First Team All-America status at the 2024 NCAA Championships. She did so by finishing 17th overall, with a time of 19:50.3. The Kapenguria, Kenya, native was the fastest freshman to cross the finish line at the NCAA Mid-Atlantic Regionals, finishing in sixth place while earning All-Mid Atlantic Region honors. At the Big 12 Championship, Naukot finished with a bronze medal, earning a personal best time of 19:18.1. Additionally, she was named the Big 12 Women's Newcomer of the Year.

WVU CROSS COUNTRY HALL OF FAME

MEGAN
METCALFE
2015



CHARITY
WACHERA
2016



CLARA
GRANDT SANTUCCI
2020

KERI
BLAND
2021

MARIE-LOUISE
ASSELIN
2022

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WVU PRESIDENT MICHAEL T. BENSON

@MICHAELTBENSON

Michael T. Benson, a veteran higher education administrator, became the 27th president of West Virginia University on July 15, 2025. He brings three decades of academic and administrative experience in higher education to his role leading West Virginia's flagship, land-grant, R1 institution into a new era.

WVU is Benson's fifth presidency. Prior to his arrival at Coastal Carolina in 2021, Benson led Snow College, Southern Utah University, and Eastern Kentucky University. During his tenure at Coastal Carolina, Benson secured a $10 million gift, the largest in the school's history. He worked closely with community partners and policymakers to advance initiatives there, including the successful renewal of a local option penny sales tax to support public and higher education through the year 2039, the only tax of its kind in all of South Carolina.

In 2024, under his leadership, Coastal Carolina enrolled its largest number of students ever - 11,225 - while also setting a record retention rate.

As the 14th president of Snow College in Ephraim, Utah, he helped raise more private money for the institution during his tenure than had been secured in the previous 115 years of the college's history combined.

Appointed at age 36, Benson was the youngest college president in the history of the Utah System of Higher Education.

Benson has also held faculty appointments at the University of Utah, the University of Notre Dame, and Johns Hopkins University, and has taught at each institution where he served as president, including Coastal Carolina where he was a professor of history.

His scholarly work has focused on the development of the research university and its impact on society. Benson's book, "Daniel Coit Gilman and the Birth of the American Research University," was released by Johns Hopkins University Press in 2022. He was a visiting professor in the Department of the History of Science and Technology at Johns Hopkins in 2020. Benson's biography of Gilman was named to the list of Best Higher Education Books of 2023 by Forbes magazine.

Benson is also the author of "Harry S. Truman and the Founding of Israel," and, with co-author Hal Boyd, published "College for the Commonwealth: A Case for Higher Education in American Democracy" with the University Press of Kentucky.

Nationally, Benson serves on the Council of Presidents of the Association of Governing Boards of Universities and Colleges. He also is the past board chair of Omicron Delta Kappa, the national leadership honor society and is the former chair of the NCAA Honors Committee.

Benson is sought after for public speeches and appearances. He was a featured contributor to the Huffington Post for 5 years; has written articles for The Jerusalem Post, Lexington Herald-Leader, Louisville Courier Journal, The Kansas City Star, Deseret News, and The Salt Lake Tribune, among others; and appeared on ESPN's The Paul Finebaum Show.

Born in Utah and raised in Texas and Indiana, Benson has worked and studied abroad for nearly 7 years in Italy, England, and Israel. He graduated cum laude with a bachelor's degree in political science and double minors in English and history from Brigham Young University in 1990. He completed his doctorate in modern history from the University of Oxford (St. Antony's College) in 1995, where he was a Rotary Foundation Scholar and recipient of the Oxford Graduate Overseas Fellowship.

He also earned a master's degree cum laude in nonprofit administration in 2011 from the University of Notre Dame Mendoza College of Business, where he was the recipient of the prestigious Father Theodore Hesburgh Founder's Award. Benson graduated with a Master of Liberal Arts from Johns Hopkins University in August 2021 and was elected to the Honor Society of the Association of Graduate Liberal Studies Programs.

An accomplished athlete, President Benson played basketball at BYU and Oxford, and his best marathon time – 2 hours and 41 minutes – won his age division in the St. George (Utah) Marathon. He also finished among the top 25% of all runners in the 1984 Boston Marathon, one of only 19 teenagers from around the world to compete in the race.

An avid traveler, he has visited all 50 states and five of the seven continents.

He and his wife, Debi, are the parents of three children – Truman, Tatum, and Talmage. He also has two older children from a previous marriage. Emma is a TV reporter for KSL in Salt Lake City, Utah, and Samuel writes for Politico in Washington, D.C. Sam's wife, Keylla, is in her first year at Georgetown Law School.

WVU VICE PRESIDENT/DIRECTOR OF ATHLETICS
WREN BAKER

The Baker Family: Reagan, Addisyn, Heather and Wren

Wren Baker has changed the face of West Virginia University Athletics. He has reenergized the department and set it up for long-term success in the ever-changing world of college athletics.

Whether it's coaching searches, facility master plans, revenue sharing or a modern, business-like approach to Name, Image and Likeness, Baker has faced every challenge head on and has never looked back. He has brought new thinking and confidence to WVU Athletics, and his reputation across the country is second-to-none.

Baker is a high-energy leader, and Mountaineer success has been contagious in competition and in the classroom. Conference championships, NCAA appearances and a national championship have been followed by strong academic achievement for Mountaineer student-athletes, eclipsing previous department GPA highs. Under Baker, WVU has also turned in record fundraising numbers as his forward thinking and strategic planning are geared to bringing future success and revenue stability to the state's Land-Grant Institution.

Baker was an instant hit with WVU fans. In his first year in Morgantown, he traveled the state to learn its culture, geography, and history. He has met and listened to Mountaineer fans from all over the world and immersed himself on what it means to be a proud West Virginian. The results of his approach and work ethic speak volumes as the West Virginia Mountaineers continue to be a national brand.

Despite accomplishing so much in a short period of time, Baker's plate is still full. Continued revenue generation, launching an NIL full-service business agency for student-athlete advancement and premium seating options in his two major sports venues are still on his radar for the coming year. His endless energy never stops moving WVU forward.

Then WVU President E. Gordon Gee named Baker as WVU's vice president and director of intercollegiate athletics on Nov. 30, 2022. He has oversight of 18 varsity sports, a department budget of more than $90 million, approximately 250 employees and nearly 500 student-athletes.

Baker is WVU's 13th director of athletics and came to Morgantown from the University of North Texas, where he had been the associate vice president and athletics director since 2016. With previous stops at Missouri, Memphis, Northwest Missouri and Rogers State, he brought more than 20 years of experience to WVU.

At North Texas, seven Mean Green programs combined to win 17 conference or division championships during Baker's tenure. UNT also reached new heights in the classroom under Baker's leadership, posting its top APR scores and four consecutive department Graduation Success Rate (GSR) records. Baker led record fundraising years at North Texas, and the overall top five largest gifts ever at UNT came under Baker's leadership.

Prior to North Texas, Baker was the deputy director of athletics at Missouri from 2015 to 2016, serving as the top advisor and chief of staff.

Before Missouri, he spent time at Memphis from 2013-15 as deputy athletics director.

From 2011-13, Baker was athletics director at NCAA Division II power Northwest Missouri State. From 2006-11, Baker served as the first athletics director at Rogers State in Claremore, Oklahoma, where he was also the school's first men's basketball coach. His team went 20-11 in his only season at the helm, and during his tenure, he developed a full-scale, competitive collegiate athletics program. In 2005, he was the principal and athletics director for Valliant Public Schools, and at age 26, was the youngest principal in Oklahoma history.

Originally from Valliant, Oklahoma, Baker earned his bachelor's degree in education from Southeastern Oklahoma State in 2001 where he was a member of the honors program. He went on to earn his master's degree in education leadership from Oklahoma State in 2003.

While at Oklahoma State, Baker was a graduate assistant and basketball operations assistant for the Cowboys' men's basketball program under legendary head coach Eddie Sutton. During his time with OSU, the Cowboys posted a 102-30 record, reaching four NCAA tournaments with trips to the 2004 Final Four and the 2005 Sweet 16.

Baker and his wife, Heather, a Bokchito, Oklahoma, native, have two daughters, Addisyn and Reagan.

WREN BAKER THROUGH THE YEARS

2001-05	Oklahoma State University	Basketball Operations Assistant
2005-06	Valliant Public Schools	Director of Athletics/Principal
2006-10	Rogers State University	Director of Athletics
2010-13	Northwest Missouri State	Director of Athletics
2013-15	University of Memphis	Deputy Director of Athletics
2015-16	University of Missouri	Deputy Director of Athletics
2016-22	University of North Texas	Vice President/Director of Athletics
2022-	West Virginia University	Vice President/Director of Athletics

WVU INTERCOLLEGIATE ATHLETICS

ROB ALSOP
Senior Deputy Athletics Director

OMAR BANKS
Deputy Athletics Director/ Chief Financial Officer

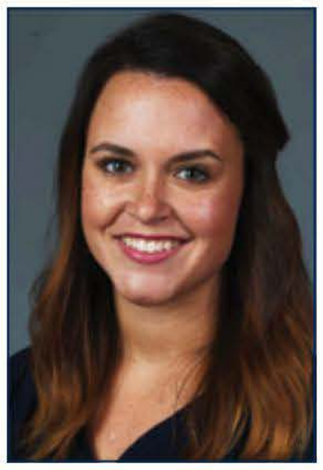
BEN MURRAY
Deputy Director of Athletics, Chief Development Officer

NATASHA OAKES
Deputy Athletics Director/ Senior Woman Administrator

MATT WELLS
Deputy Athletics Director/ External Affairs

MICHAEL FRAGALE
Executive Senior Associate Athletics Director,/ Communications

APRIL MESSERLY
Executive Senior Associate Athletics Director/Capital Projects, Facilities and Event Management



ERIN GIBSON
Senior Associate Athletics Director/Marketing

JASON BUTTS
Head Gymnastics Coach

SEAN CLEARY
Head Cross Country/ Track and Field Coach

SEAN COVICH
Head Golf Coach

TIM FLYNN
Head Wrestling Coach

JEN GREENY
Head Volleyball Coach

JON HAMMOND
Hayhurst Family Head Rifle Coach

ROSS HODGE
Head Men's Basketball Coach

NIKKI IZZO-BROWN
Head Women's Soccer Coach

MARK KELLOGG
Hayhurst Family Head Women's Basketball Coach

JIMMY KING
Head Rowing Coach

MIHA LISAC
Head Tennis Coach

BRENT MACONDALD
Head Swimming and Diving Coach

RICH RODRIGUEZ
Head Football Coach

STEVE SABINS
Head Baseball Coach

DAN STRATFORD
Head Men's Soccer Coach

MEDIA INFORMATION

MEDIA SERVICES

The West Virginia University athletics communications office will be available throughout the entire 2025 cross country and 2025-26 track and field seasons to accommodate any media requests. The following are some guidelines that should make it easy for media members to cover the Mountaineers. Any additional questions should be directed to the cross country and track & field contact, Jaret Dyer.

DURING THE WEEK

Any member of the media wishing to interview a runner or a member of the coaching staff during the week should contact Jaret Dyer, via email (jaret.dyer@mail.wvu.edu) or phone (304-293-2821), at least 24 hours in advance.

Cell phone numbers will not be provided, and all WVU student-athletes have been instructed to not conduct interviews without prior approval from the athletics communications staff.

RECEIVING INFORMATION

Media members may receive WVU cross country press releases, notes and more via email. Please email Jaret Dyer (jaret.dyer@mail.wvu.edu) to be included on the distribution list.

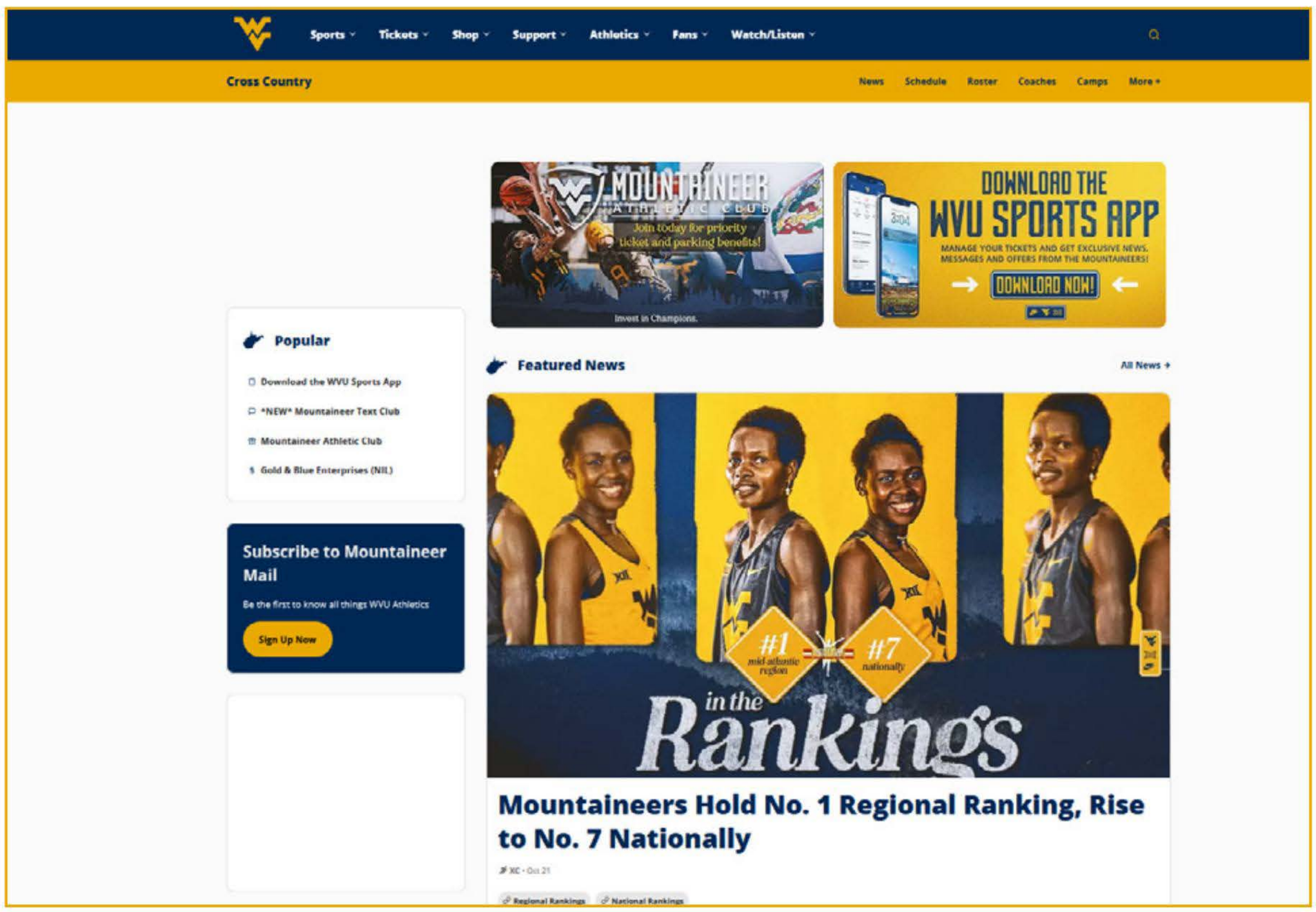
WVUSPORTS.COM

WVUsports.com is the place for media and fans to go for the latest on Mountaineer cross country.

Player and coaching staff bios are available at the click of a finger by going to WVUsports.com. After each meet, WVUsports.com is updated with the latest statistics. Not only will you find this season's stats, but you will also be able to find the WVU record book where you can gain historical insights.

SOCIAL MEDIA

WVU Cross Country is active on various social media platforms – Facebook, Twitter and Instagram. Visit facebook.com/WVUCrossCountry to like the Facebook page. To follow the Mountaineers on Twitter, visit Twitter.com. to follow the team on Instagram, visit Instagram.com/WVUXCTF



WVU ATHLETICS COMMUNICATIONS

MICHAEL FRAGALE
Executive Senior Associate Athletics Director/ Communications

MIKE MONTORO
Assistant Athletics Director/ Football Communications

BRYAN MESSERLY
Associate Athletics Director/ Communications

JOHN ANTONIK
Senior Director of Athletics Content

JOE SWAN
Senior Director of Athletics Publications/Design

PHIL LYNCH
Director of Graphic Design

CHRIS COOMBS
Assistant Director of Athletics Communications

ADAM GROSSMAN
Assistant Director of Athletics Communications

CHARLES MONTGOMERY
Assistant Director of Athletics Communications/Operations

OLIVIA SNEED
Assistant Director of Athletics Communications

LISA AMMONS
Business Manager

AMY PRUNTY
Program Assistant

REESE OWENS
Athletics Design Graduate Assistant

JARET DYER
Athletics Communications Graduate Assistant

CONNOR MCDONOUGH
Athletics Communications Graduate Assistant

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The West Virginia University Athletics Communications Office is located in the WVU Coliseum near the Country Roads Gate. The main athletics communications office is Room 214.

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Press Box: 304-293-6480

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jaret.dyer@mail.wvu.edu

Jennifer O'Palko
Kishay Rowe
Mary Delaney
Mercy Kinyanjui
Naomi Kemboi
Tecla Lokrale

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